

The ABC Model

The ABC model is a psychological framework used to understand and analyze behavior. It stands for Antecedents, Behavior, and Consequences. It suggests that behavior is influenced by events that occur before (antecedents) and after (consequences) the behavior takes place. By examining these factors, you can gain insights into the reasons behind certain behaviors and develop strategies for behavior modification.



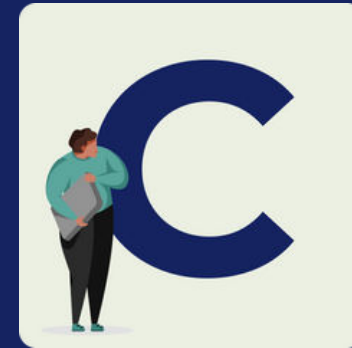
Identify the external trigger that is causing anxiety. This could be a specific situation, person or event.

Example: A colleague that constantly criticises your work could be the cause of your anxiety.



Notice the thoughts that arise in response to the trigger.

Example: Thinking 'I am a failure. This critique means I am incompetent'.



Consider the emotional or physical consequences that result from these thoughts.

Example: You feel shame and worthlessness, and experience difficulty in concentrating on other tasks.

Now, you can identify and challenge your irrational beliefs about the event:

'I am not a failure just because my colleague criticised my work', 'I can learn from this criticism and improve in the future'.