

ABCDE Template

Activating Event.

What appears to be the cause of your emotional and physical distress? Keep it short.

Beliefs.

What is the actual cause of your emotional and physical distress? There is likely a “should” or “supposed to” in here somewhere. Reduce it to one sentence that sounds absurd, really showing you how ridiculous your demand is. Reductio Ad Absurdum!

Dominant Schema Pattern(s):

Beliefs:

1)

Consequences (emotional and physiological):

Defensive Mode(s):

Defense Mechanism(s):

Dispute.

Use the words in your belief to form a dispute against each of the beliefs you outlined above. Disputes may take the form of a question, as in, “How do I know what the future holds?”

Disputes (dispute each belief):

1)

Envision

Developmental Approach: How would things have gone if you didn't have any of the beliefs mentioned above (emotional and physiological)? How do you intend to react the next time this arises, and how will you feel when you do that? Now, Envision, really get into it – How will you look when you react the way you intend? How will you feel? What will you say or do? Envision yourself doing all those things. Roleplay it until it becomes habitual.

Fruitional Approach: Shift into the Great Self and rest in your core – grounded in awareness and the aliveness of your body. This is your home base. Then, re-do the developmental Envision step.