**B35. Reframing:**Practice Your ABCs

**Think of 2 recent events that triggered you. Write out your ABCs:**

* **The Activating Event:** (the facts of the negative event or circumstance)

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* **Beliefs:** (heat of the moment thoughts, interpretations, attributions or expectations)

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* **Consequences:** (feelings and behaviors)

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* **The Activating Event:** (the facts of the negative event or circumstance)

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* **Beliefs:** (heat of the moment thoughts, interpretations, attributions or expectations)

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* **Consequences:** (feelings and behaviors)

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