

### **ABC FRAMEWORK**

Rational Emotive Therapy (Albert Ellis 1931) explains how emotional disturbances can be created and sustained through irrational thinking, beliefs and self – talk.

The aim is to minimize ones self- defeating beliefs which can cause anxiety and hostility and to help the client to acquire a more realistic and tolerant view on life.

A – Activating event

B – Beliefs about the activating event (rational or irrational)

C – Consequences

D – Dispute of the beliefs

E – The new effect or consequence

#### Example:

Activating event: A colleague of the institute is passing by and does not greet or look at you.

Belief about it: The colleague does not respect me and tries to avoid greeting me.

Consequence: Emotional - disappointment, anger  
Physiological – Arousal  
Behavior – Next time you meet the person you don't greet as well.  
Long term affect - Anger remains inside and gets reactivated every time you meet the person again.

Dispute: How will you know with certainty that the person didn't greet you due to disrespect? What is the proof for it?  
What other reasons could be given for it? (help the client to generate different possibilities to understand the behavior of the colleague. What if you for example come to know that the colleague lost his family member the day before and was still shocked....would you still be angry that he didn't greet you????).

This method addresses irrational cognitions and can help to reveal and be aware of repeating unhelpful thought patterns that come up automatically within a short time and are often very persistent.

Remember that not all problems indicate using this method. There are also other methods to be used regarding behavioral patterns or emotional problems. A proper problem analysis in the beginning can help in selecting the right method to deal with the problem.