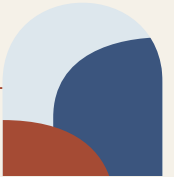


Understand what's going on.

What happens matters. The meaning we give it can also shape how we feel and respond.

THE ABC MODEL



A

ACTIVATING EVENT

What happened?

Someone asks me for a favour when I already have a lot on.



B

BELIEFS

What am I believing about this situation?

RULES

How should things be?

"I shouldn't let people down."

PREDICTIONS

What am I expecting?

"If I say no, they'll think I'm selfish."

JUDGEMENTS

How am I judging this?

"It's wrong to put my needs first."

CORE BELIEF

What do I believe about myself, others or the world?

"I'm not a good person."



C

CONSEQUENCES

How does this affect me?

THOUGHTS

"I should just help."

EMOTIONS

Anxiety, guilt

BODILY SENSATIONS

Tension, tight stomach

BEHAVIOURS

Saying yes when I want to say no



Keeps the pattern going

What happens next?

What helps in the short term?

Saying yes may bring relief but leaves me overstretched.

What happens over time?

I don't get to learn that having limits doesn't make me selfish, even if someone is disappointed.