

Understand what's going on.

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

A

ACTIVATING EVENT

What happened?

The situation, event or trigger.

Example

A friend hasn't replied to my message.

B

THE BELIEFS

What am I believing about this situation?

Familiar beliefs can shape the meaning we give a situation.

Example

"If someone doesn't respond, it means I don't matter."

C

THE CONSEQUENCES

How does it affect me?

THOUGHTS

"I'm not important to them."

EMOTIONS

Hurt, anxiety

BODY

Tight chest, tension

BEHAVIOURS

Checking messages, pulling away

Explore your beliefs



RULES

What have I learned about how things should be?

"I must keep people happy to be valued."



PREDICTING

What am I expecting might happen?

"If I don't check in, they'll forget about me."



MEANING

What does this mean to me?

"Their silence means I'm not important."



CORE BELIEFS

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

"I don't matter."

What might I be believing about this situation?