

Problem Solver

an Effective & Easy Way to Solve ANY Problem

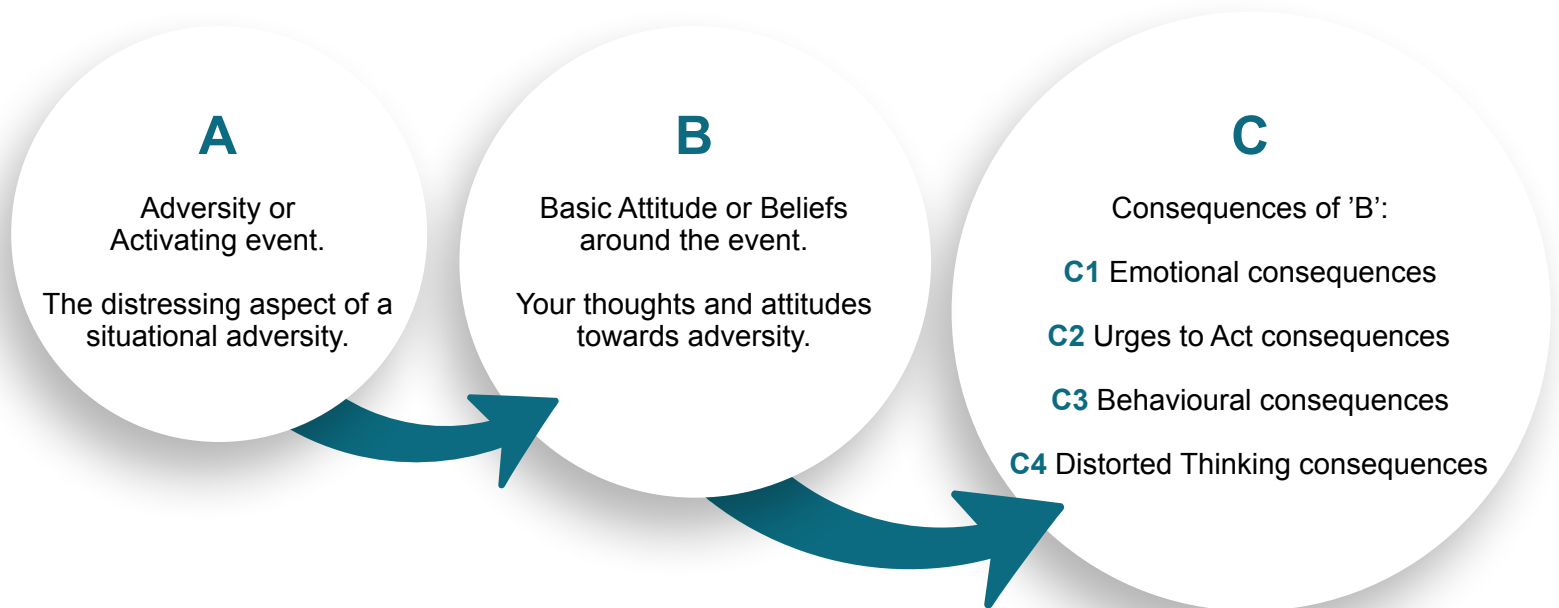


**Mental Health
Fitness Alliance**

The 'ABC' Model of Emotion

When it comes to dealing with symptoms, we can often find ourselves feeling the consequences of our emotions (thoughts) based on disturbing situations or circumstances (adversities).

But, when we apply the ABC Model to our emotions, we can often eliminate the symptoms - and we can easily and effectively resolve most of the problems, disturbances, and adversities that life throws at us.



For your convenience, this **Problem Solver tool** provides an online fillable worksheet you can use. This tool is also available through: <https://mentalhealthfa.ca/toolkit/>

I look forward to staying connected, and traveling along with you on your **Journey of Recovery and Discovery**.



The 'ABC' Model of Emotion

A Activating Event

What is the Activating event?—What happened? What did I do? What did others do? What idea occurred to me?

C Consequence

What emotions was I feeling? Am I feeling anger, depression, anxiety, frustrated, self-pity, etc.? Am I behaving in a way that doesn't work for me? (drinking, attacking, moping, etc.)

B Beliefs

Beliefs (dysfunctional)—What do I believe about the Activating event? Which of my beliefs are my helpful/self-enhancing beliefs and which are my dysfunctional/self-defeating beliefs?

D Dispute

Dispute the Beliefs to find which are dysfunctional—What is the evidence that my belief is true? In what ways is my belief helpful or unhelpful?

E Effective New Belief and Emotional Benefit

What helpful/self-enhancing belief can I use to replace each self-defeating or dysfunctional belief?





Next Steps



Book a Call

For Better Mental Health



<https://calendly.com/mentalhealthfa>



Book a Therapy Session



<https://tanyamacintyre-awaketherapy.youcanbook.me>



Join Tanya on Insight Timer



<https://insighttimer.com/MindfulnessMentor>

