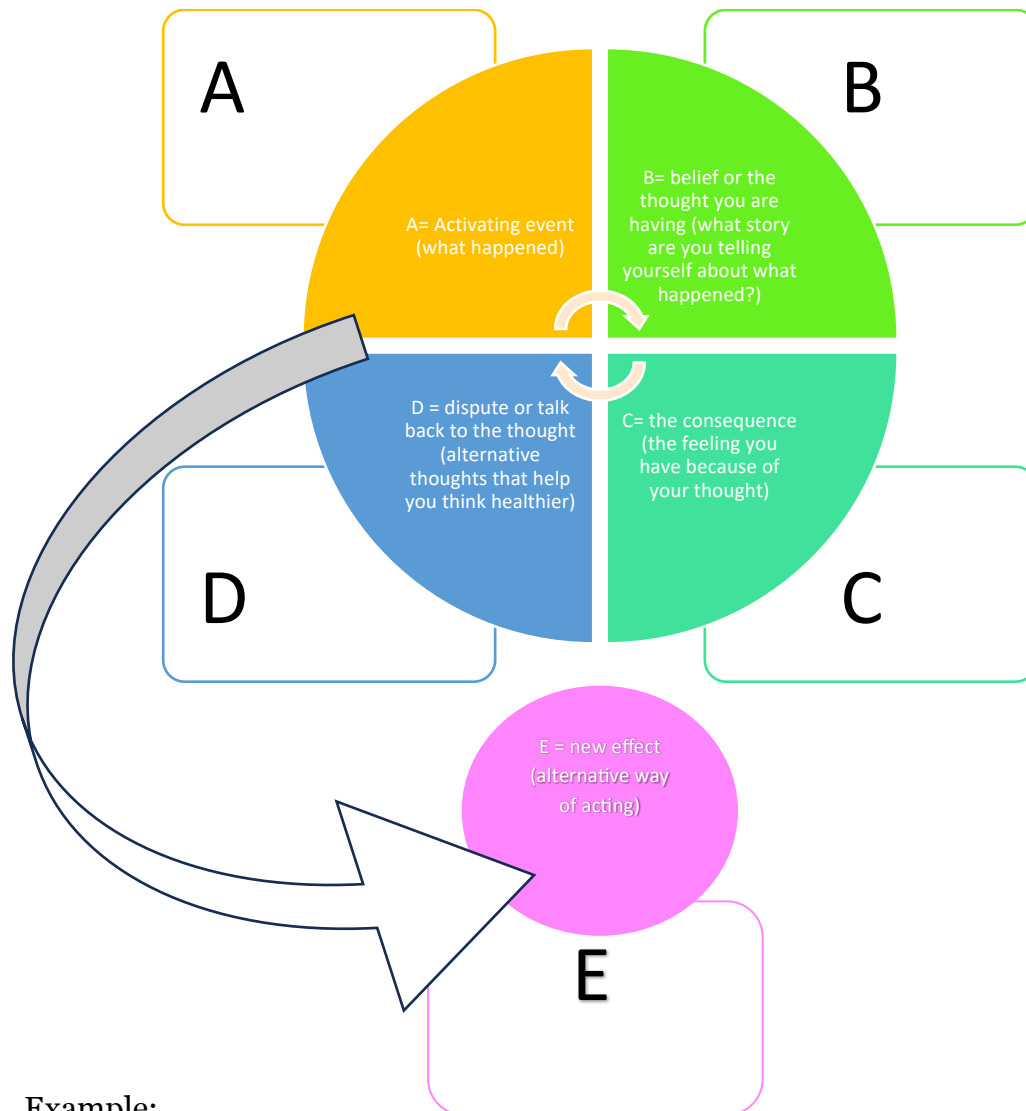


ABCD Method—Talking Back!



Example:

- A= activating event
 - A person is rude to you.
- B= belief
 - Because they were rude to you, it must mean you are a terrible person.
- C= consequence
 - Become depressed and stop doing things you enjoy.
- D= dispute
 - That person was rude to you based off of something negative in their own life and has nothing to do with you.
- E= new effect
 - Instead of internalizing another person's rudeness toward you and allowing it to affect and change your mood, you choose to give that person space and understand it has nothing to do with you.