

<b>A = Activating Event</b>	<b>B = Belief (Thought)</b>	<b>C = Consequence: Feelings</b>	<b>C = Consequence: Behaviors</b>
I hear the window rattling.	Someone is breaking into my house.	Anxious	Lock the door, call police.
I hear the window rattling.	It's windy outside and the window is old and loose.	Slightly irritated	Try to tighten the window, go back to sleep.
A man is approaching me on a dark, empty street.	I'm going to get mugged.	Terrified	Run.
A man is approaching me on a dark, empty street.	I wonder if that's my old friend Steve.	Curious, pleased	Call out Steve's name.
My husband is sitting reading the newspaper.	He doesn't care about my feelings.	Angry, resentful	Tell him he's self-centered.
My husband is sitting reading the newspaper.	He's withdrawing from me because he's angry with me.	Upset, guilty	Avoid interacting with him.
I feel my heart beating rapidly.	I'm having a heart attack.	Anxiety, panic	Go to emergency room.
I feel my heart beating rapidly.	I've had too much coffee.	A little regretful	Try to cut back on caffeine.

**FIGURE 1.2.** The A-B-C Technique. The same event gives rise to different thoughts that lead to different feelings and behaviors. You determine if your thought is true by examining the facts.

<b>Negative Thought</b>	<b>Other Possible Facts</b>
It's raining outside and I'll never get home on time.	Maybe it stopped raining since I came in an hour ago. I can go outside to check out the facts.
I am not prepared for my exam.	I have read the material, gone to class, and done some work.
I'll always be alone.	I don't have all of the facts, since I don't know what is in the future. I have friends. I have a lot of qualities that people like.

**FIGURE 1.3.** Thoughts versus Possible Facts.