



EXERCISE 3



You feel what you think. This is important in dealing with stress and managing risks in life and at work.

The creators of this approach believe that every thinking being, constructs the world and events for themselves through a personal filter composed of beliefs about themselves and the world.

We shape how we feel. Our emotions and behaviours result from how we think.

Below is a table with the parts: ABCDE, which mean:

A – activating events – e.g., dismissal from work. By design, activating events can trigger a variety of responses in us.

B – beliefs – events activate beliefs about us and the world. The same event, e.g., one of us being dismissed from work, may evoke the belief "I am not good at anything, I will not find another job", and in someone else – "I am competent and educated. If not this job, then another." Beliefs can be both rational and irrational. Rational beliefs help us achieve our goals, while irrational beliefs hinder their achievement and are self-incriminating.

C – consequences – beliefs about events lead to specific consequences, which can take the form of emotions and behaviours. Irrational beliefs often trigger dysfunctional responses such as depression, guilt, and chronic anxiety.

D – disputing – it is about identifying and challenging irrational beliefs.

E – effective – developing an effective strategy of behaviour, which is to lead to the elimination of irrational beliefs, and thus – emotions and behaviours undesirable by the individual, replacing them with rational beliefs.



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Write down in the table:

A – A situation that caused you a lot of stress.

B – What you thought about yourself/others and the world.

C – What emotions accompanied you and what did you do.

D – Think and discuss with yourself the belief you have about yourself, others and about the world, consider whether it is based on facts.

E – Build a new, healthy belief so that it doesn't discourage and paralyse your actions in the future in a similar situation.

A	B	C	D	E

