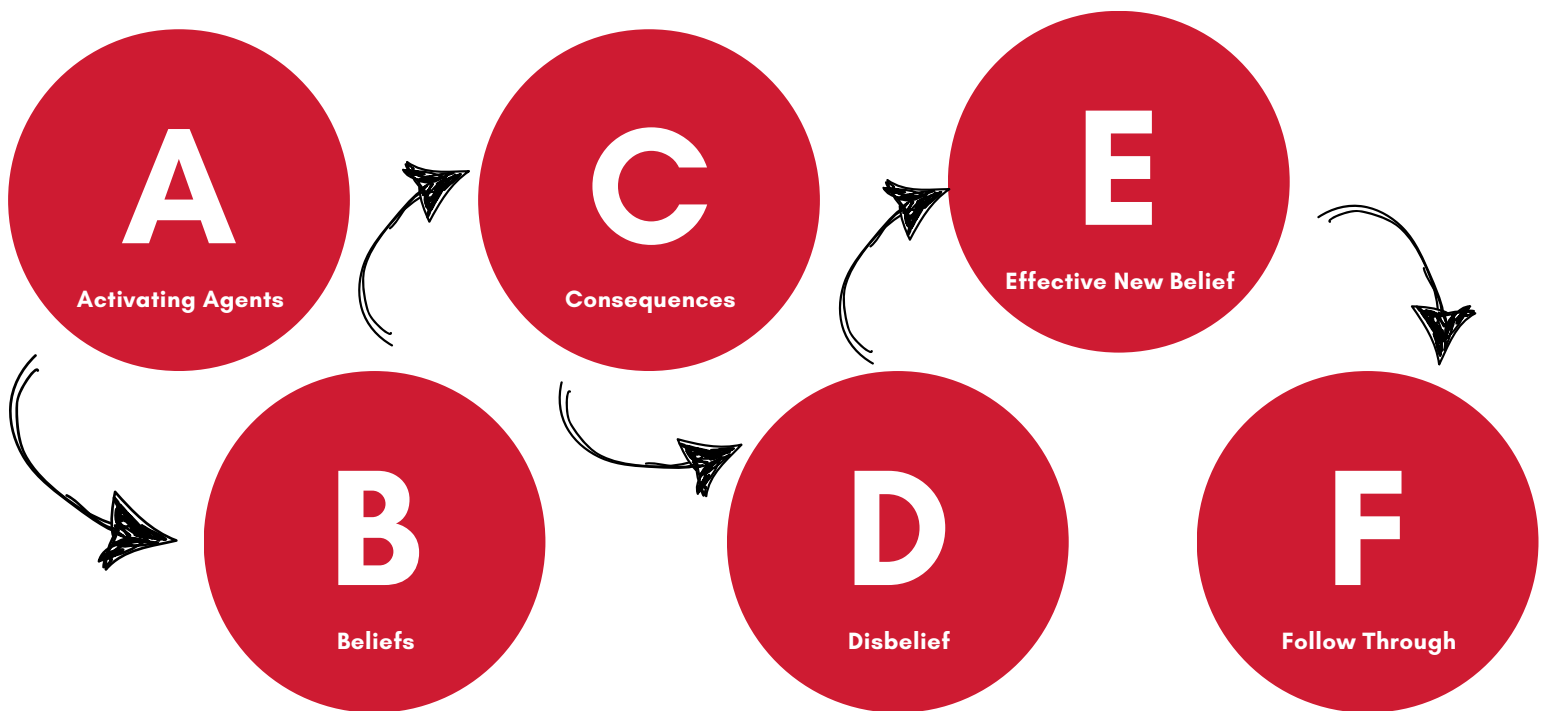


Rational Emotive Behavior Therapy (REBT)



COMPONENT	EXAMPLE
A - Activating Event	My child was benched during an important game.
B - Belief (what were you thinking?)	The coach is being unfair and my child deserves to play every time.
C - Consequence (emotion/action)	I felt angry, blamed the coach, and pressured my child to confront them.

COMPONENT	EXAMPLE
D - Disputation (is this belief logical/helpful?)	Is it really true the coach is being unfair? Could there be a valid reason? Am I helping or adding pressure?
E - Effective New Belief	Benching happens to many players. It's a chance to reflect and come back stronger.
F - Follow Through Action	I chose to ask my child how they felt, encouraged them to train harder, and emailed the coach politely for feedback.

Reflect on your arising ABCDEF criteria:

A	B	C	D	E	F
What activated your action?	What belief was it based on?	What were the consequences?	Was the belief logical or helpful?	Look at it with a new perspective.	Make an action plan for the new belief