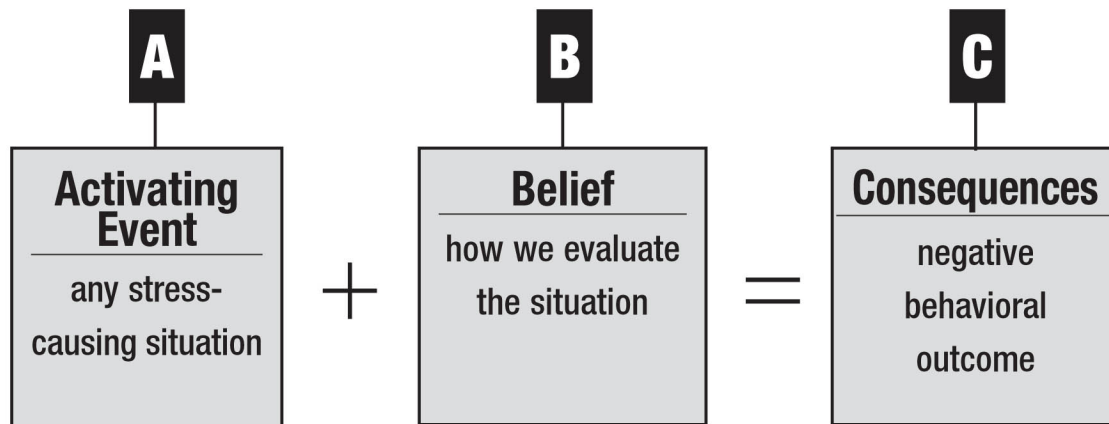


The ABC Model

FIGURE 3.2



Taking Control The ABC formula demonstrates how negative, irrational beliefs can create stress and lead to unwanted consequences. *How can becoming more aware of your personal stressors help you control stress?*