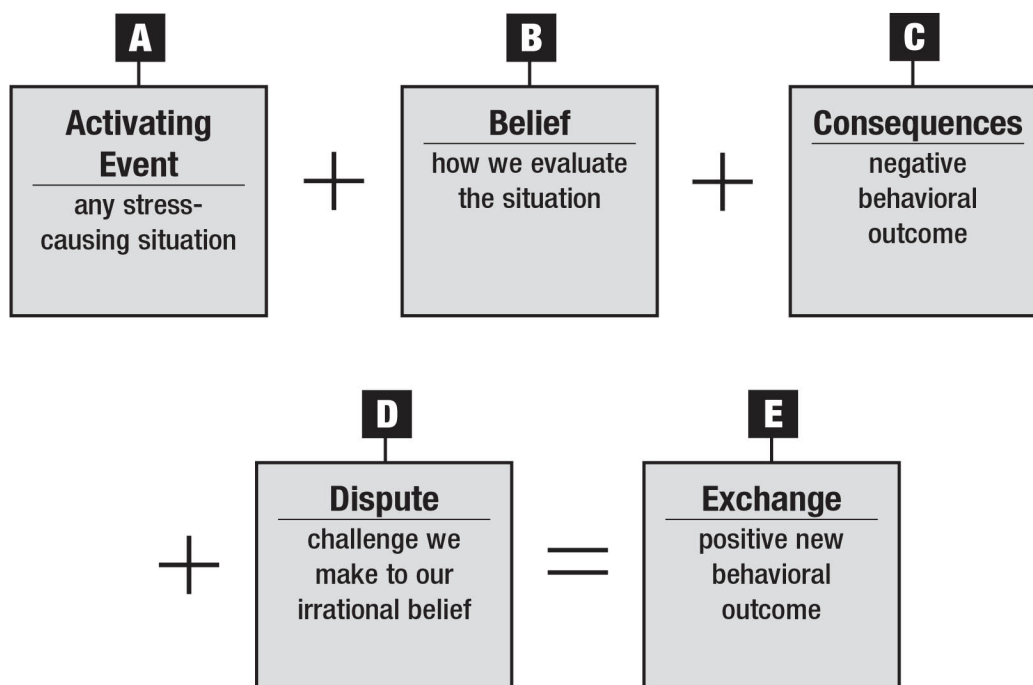


# The ABCDE Method

FIGURE 5.3



**Turning Beliefs Around** Once we are aware of the irrational beliefs that are distorting our thinking and making us unhappy, we can use effective disputes to create healthier, more positive outcomes for ourselves. *What are some questions you can ask yourself to help dispute an irrational belief?*