**Activity: Cognitive Based Therapy in action (Adapted from Castle and Buckler, 2018: 260)**

The ABC model of Cognitive Based Therapy is summarised below:

* A is the activating agent (a real ‘external’ event that has occurred, or a future event that you think may occur, an ‘internal’ event).
* B is your beliefs (thoughts and meaning).
* C is the consequence (emotions, behaviours, physical sensations).

(Bernard and Wolfe, 2000; Ellis, 2001)

As an example, if you believe that a lesson will not go well, it probably will not.

* A: you imagine that the lesson will not go well.
* B: you believe the lesson will not go smoothly.
* C: You experience nervousness which may manifest as an emotion (anxiety), in turn leading to physical tension and mental/cognitive tension.

How could you use the ABC model to ensure that the lesson goes smoothly?

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| **A: Activating agent** |  |
| **B: Beliefs** |  |
| **C: Consequence** |  |