

ABC of Emotions: Self-Help for Emotional Wellness

Welcome to the ABC of Emotions, a self-help model designed to improve your emotional well-being. This approach will help you understand the connection between thoughts, emotions, and behavior.

By learning these skills, you'll develop more rational thinking patterns and better manage your emotions.



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The ABC Model Explained

1

A - Activating Event

This is the situation or trigger that starts the emotional process.

2

B - Beliefs

Your thoughts and interpretations about the activating event shape your response.

3

C - Consequences

The emotional and behavioral outcomes resulting from your beliefs about the event.

Understanding Cognitive Processes and Emotions

Cognitive Processes

These are your thoughts, beliefs, opinions, and ideas about situations. They shape your perception.

Emotions

These are your feelings, typically described in single words. They're your body's response to thoughts.

Facts vs. Emotions: The Key Difference

Facts

Objective events or situations that occur in your environment. They don't inherently cause emotions.

Interpretation

Your personal understanding of facts influences your emotional response. It's subjective and unique to you.

Reaction

You generate emotions through your beliefs about facts, not from the facts themselves.

Principles of Rational Thinking

1 Reality-Oriented

Emotionally healthy individuals stay grounded in reality, avoiding distorted thoughts or fantasies.

2 Productive Living

They strive for a productive life, setting and working towards meaningful goals.

3 Acceptance

They seek maximum personal and social acceptance, fostering positive relationships with others.

4 Conflict Avoidance

They work to minimize unnecessary internal conflicts and conflicts with others.

Applying Rational Thinking in Daily Life



Fact-Based

Ground your thoughts in observable facts to maintain a realistic perspective.



Health-Focused

Prioritize thoughts that protect your physical and mental well-being in all situations.



Goal-Oriented

Use rational thinking to effectively achieve your personal and professional goals.

Benefits of Rational Thinking

1

Conflict Reduction

Rational thinking helps minimize internal struggles and interpersonal conflicts.

2

Emotional Control

It enables better emotion management without relying on harmful substances.

3

Improved Well-being

Rational thoughts lead to better overall mental health and emotional balance.



Your Journey to Emotional Wellness

Awareness

Recognize the connection between your thoughts and emotions.

Balance

Strive for rational thinking and emotional stability in your daily life.

Growth

Continuously improve your skills in managing emotions and thoughts.