

The ABCs of Stress Management

Application Guide

Use this application guide when you feel your stress and anxiety level skyrocket!

A: What was the **activating event** that caused my stress level to increase?

B: What is the **belief** that is driving my stress and anxiety?

C: What are the **consequences** that I fear?

D: How can I **dispute** my belief and the consequences I fear? Where are they illogical, exaggerated, or just plain wrong?

E: What do I need to **exchange** the lies and fallacies with? What is the truth about this situation?

