THE WELLNESS HUB

ABCDE MODEL
Mental wellness every day
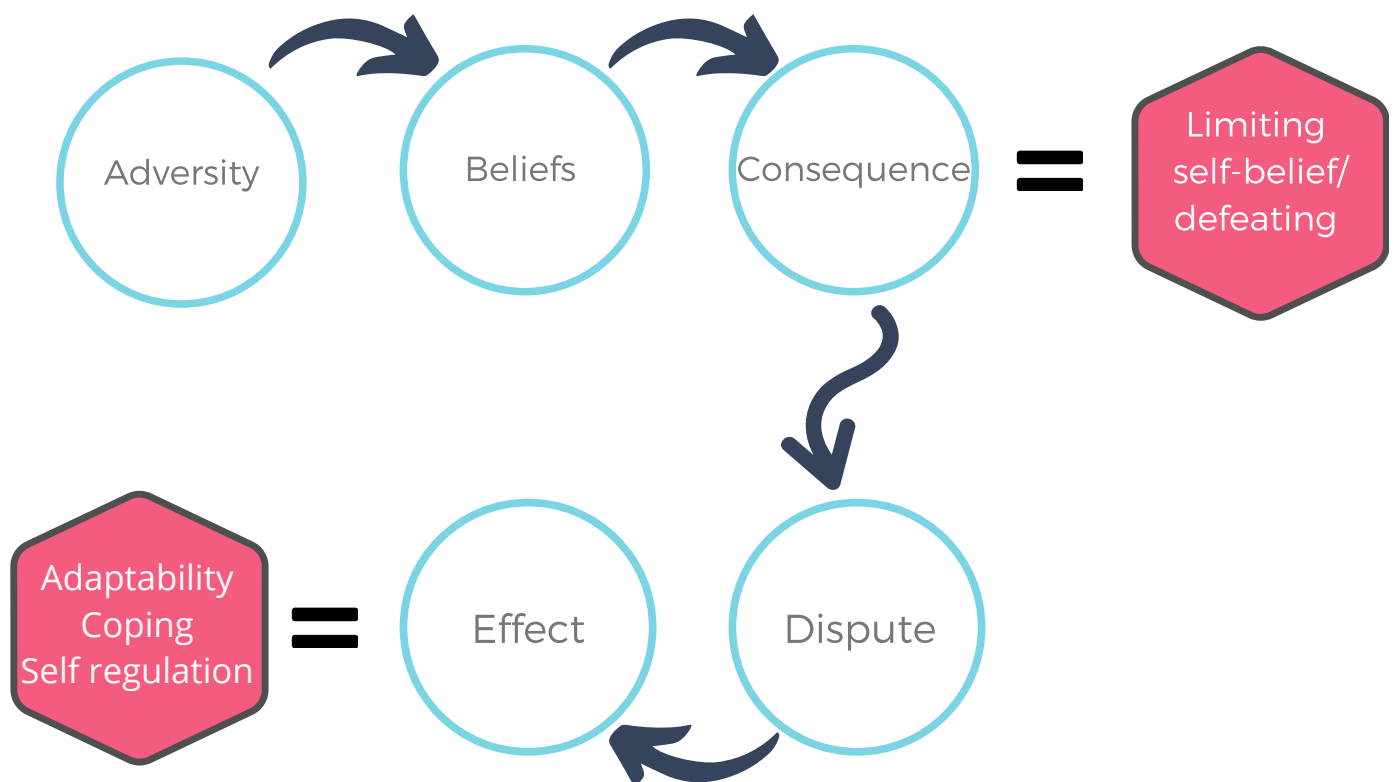
Charity Number 1134387

ABCDE MODEL

Originally created in the 1950s by Albert Ellis, this model has been widely used to explain how we react negatively to an event. The model proposes that an **adverse event** (A) influences thoughts shaping the **beliefs** (B) we hold about ourselves (1). **Consequently** (C), this influences our feelings and actions. It has been widely used to understand stress at work.

This helps us to understand why we all have different reactions to the same event. Our beliefs are limited by past experience. Therefore if we perceived an experience to be negative, our mind will store it as such. Future presentation of similar circumstances will trigger the same beliefs and thus similar actions and feelings.

D and E were added later to the model and are a great tool for creating change and supporting mental toughness. Below is a diagram explaining each of the stages. Once we become aware of our self-limiting beliefs and no longer accept them, we move to the **D-Dispute**. We challenge the validity of the beliefs by questioning how true they may be, how likely it is to occur and what impact holding such beliefs may have. This rational and deliberate process brings attention to our thoughts and behaviours.

This leading to the **E-Effect** of challenging our distorted beliefs,. which enables us to create new behavioural patterns and habits. It is only through D and E that can we begin to implement change, therefore, promoting adaptability, helping to self-regulate and cope with the unexpected, helping us to build resilience.

ABCDE MODEL

Adversity → Beliefs → Consequence **=** Limiting self-belief/ defeating

Adaptability
Coping
Self regulation **=** Effect ← Dispute

ABCDE MODEL

What is resilence?

Resilience is best understood as our capacity to 'bounce back' from difficulties and stressful events. Levels of resilience can be different depending on the context i.e. someone may have more professional resilience but less personal resilience.

Being resilient does not mean that we will not face adversity or challenges but rather that we are not at the peril of our emotions. We are able to access existing coping strategies and can be adaptable (2).

Being resilient does not mean ignoring negative emotions. By acknowledging our emotions we can examine the beliefs that underpin them. Doing so, can initiate change and taking action, no matter how small can contribute to long-term sustainable change. Remaining focused on a goal can support self-regulation and problem-solving.
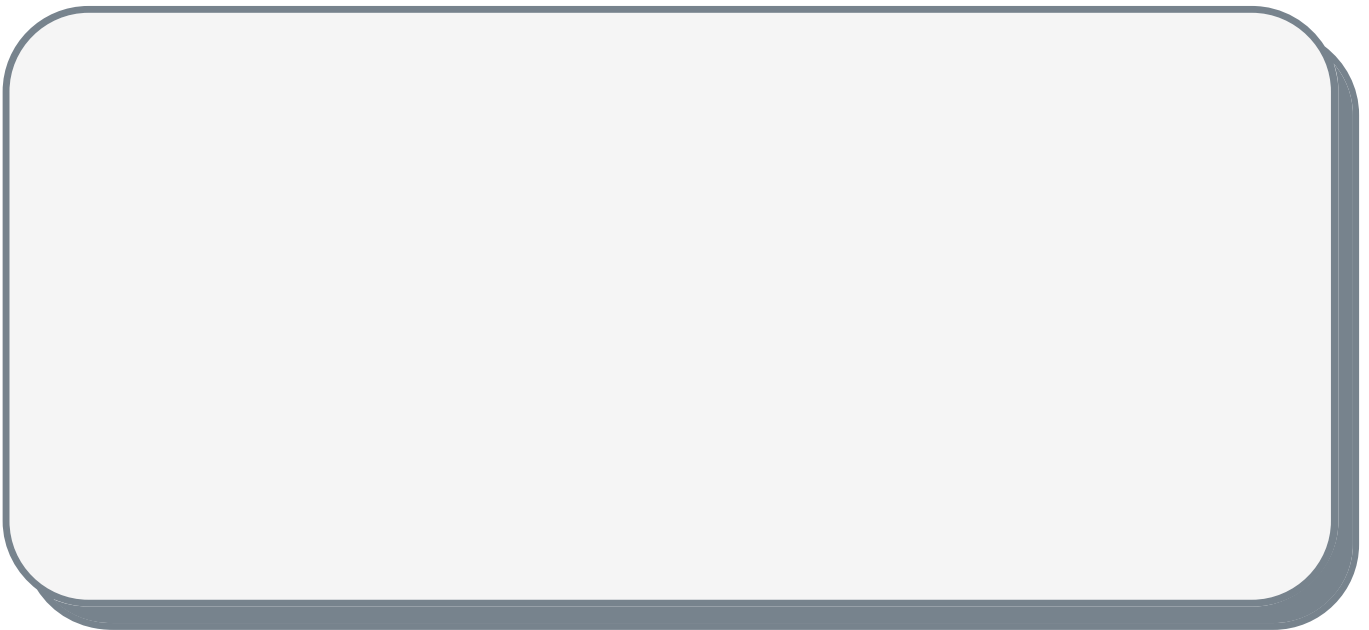
Using the ABCDE model Journal can be a great mechanism for acknowledging beliefs requiring and creating change, A study found a greater benefit for participants when focusing on journalling emotions and cognitions. They were able to find alternative thoughts and were able to manage stressful situations and trauma better (3).
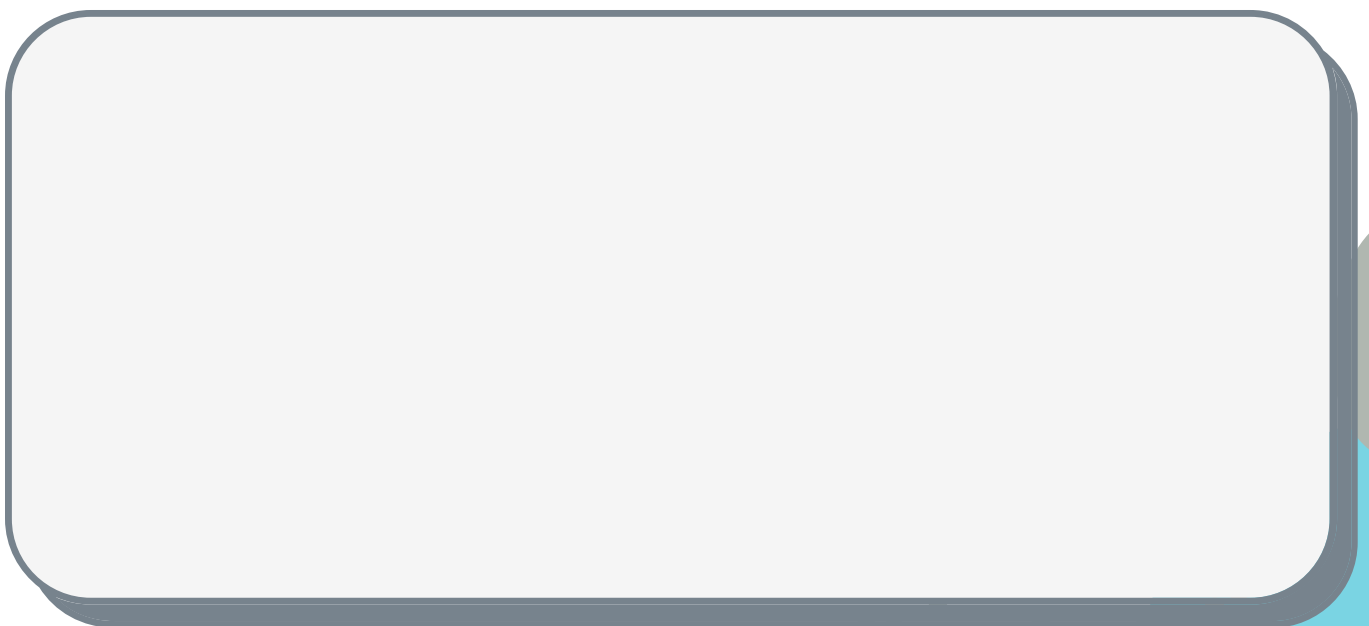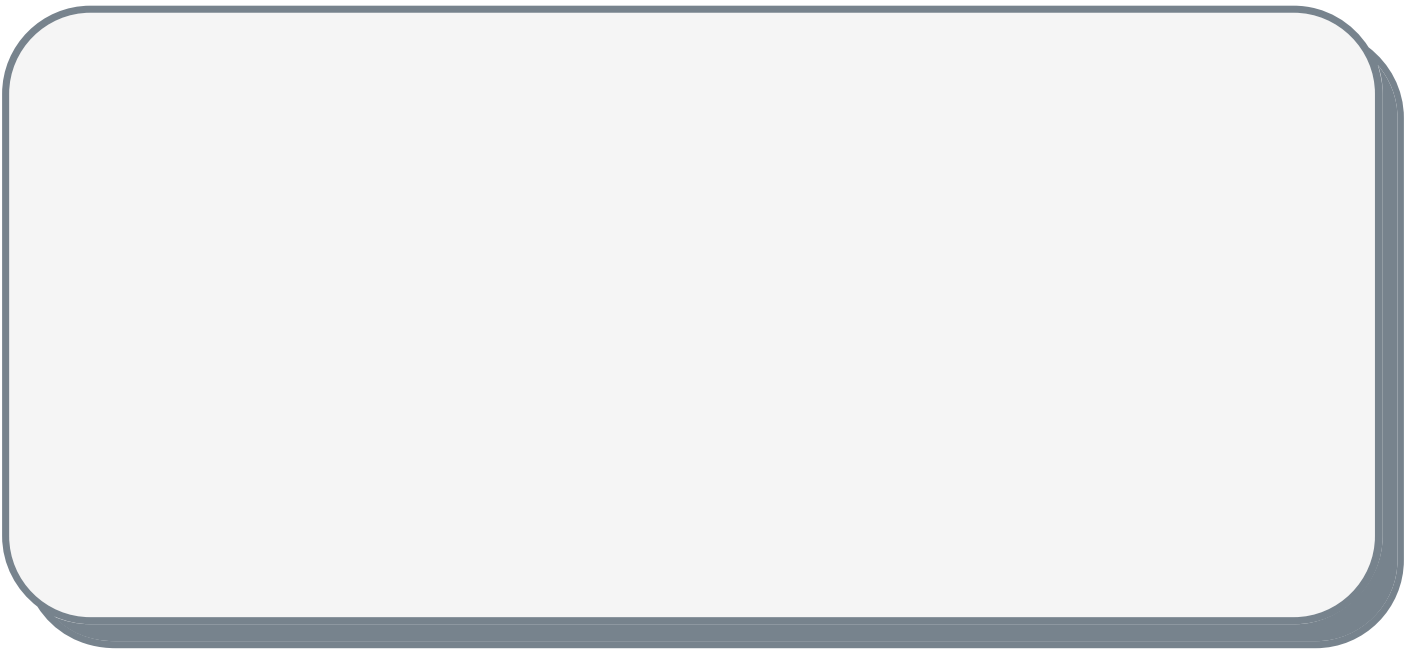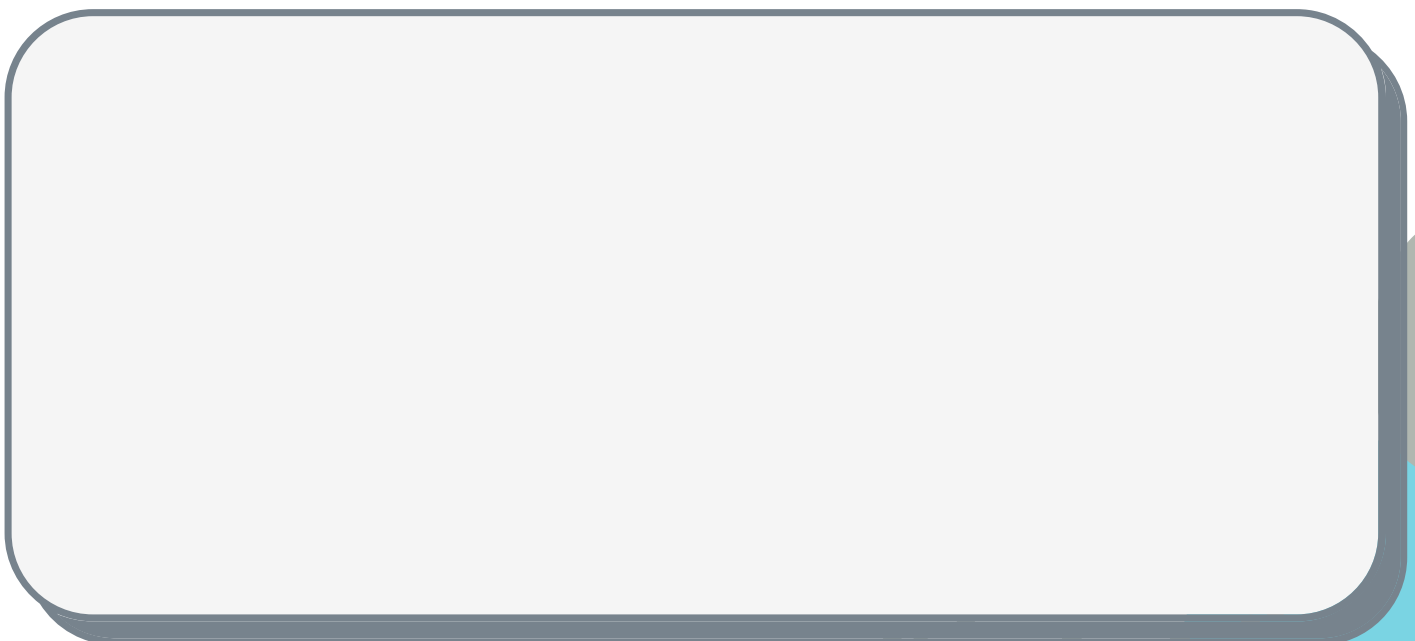
ABCDE JOURNAL

Use the ABCDE model to complete this journal to understand a challenging situation. It will encourage you to reflect on your emotions, beliefs and actions to increase awareness of the skills you possess.

WHAT challenging event/ **ADVERSITY** took place?

WHAT BELIEFS do you already hold about this event? What thoughts did you have?

Use the ABCDE model to complete this journal to understand a challenging situation. It will encourage you to reflect on your emotions, beliefs and actions to increase awareness of the skills you possess.

WHAT was the **CONSEQUENCES** of these beliefs/ thoughts?

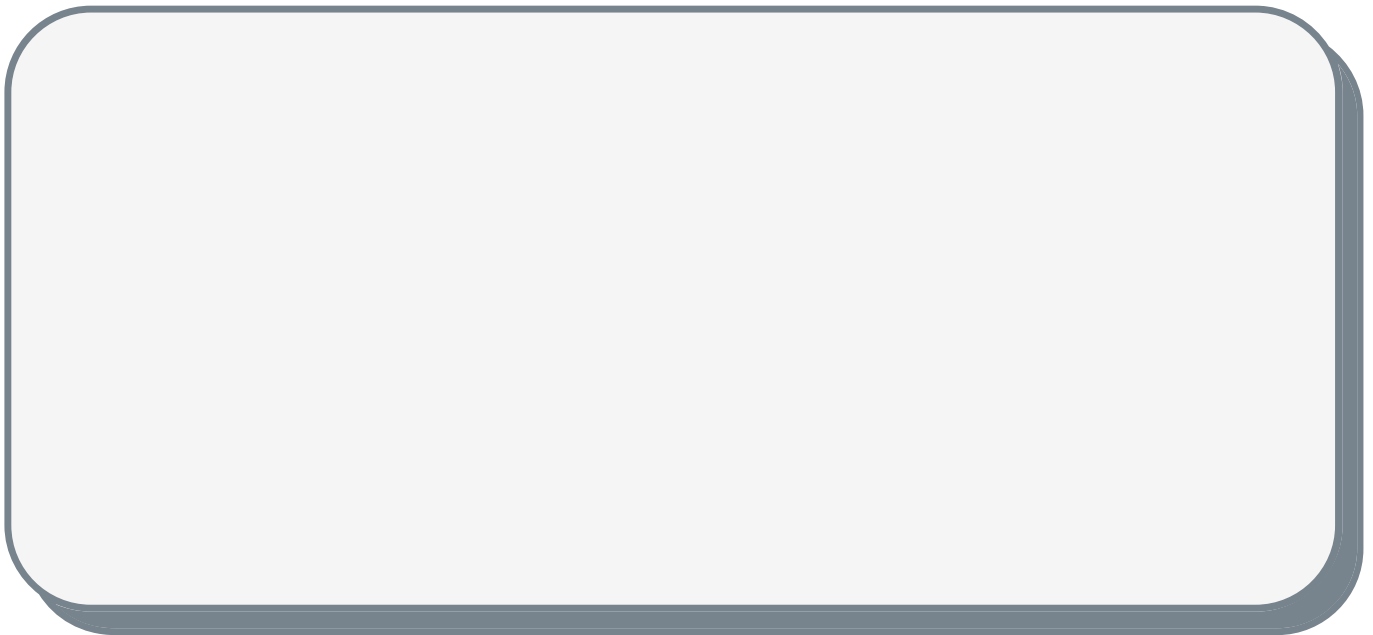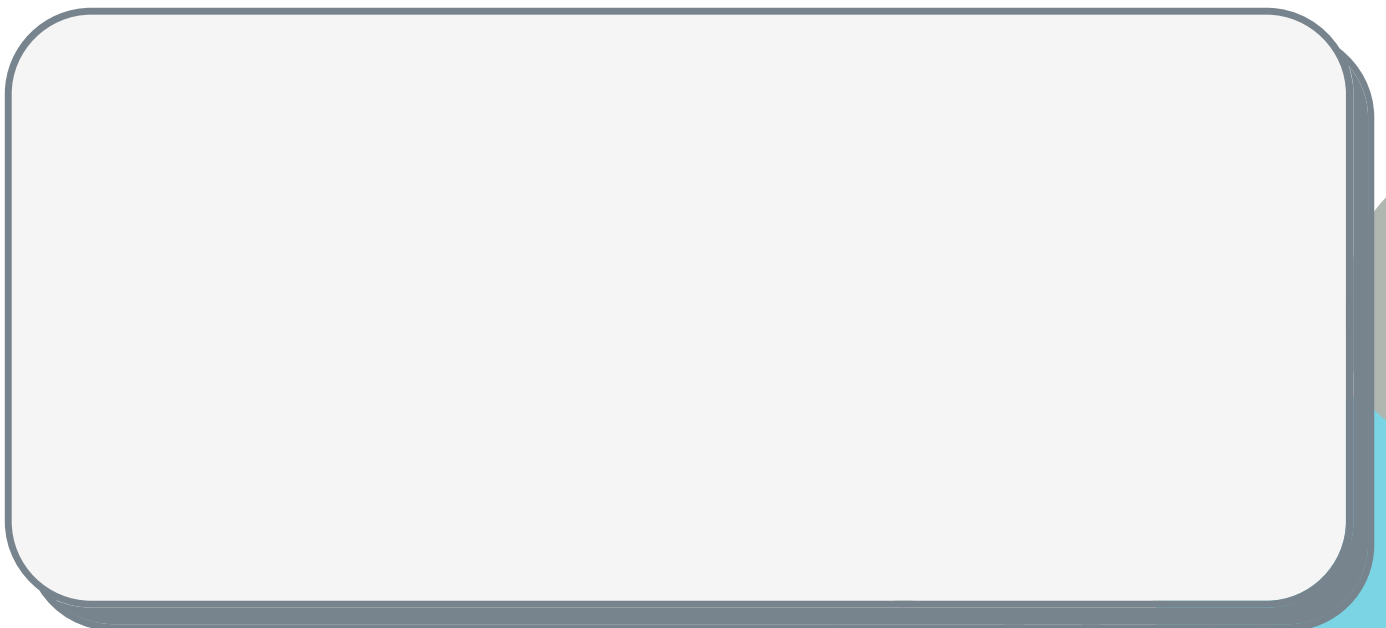**WHAT** helped you to **DISPUTE** these thoughts? (Be clear and specific to help replicate in the future).

ABCDE JOURNAL

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WHAT was the **EFFECT** of challenging the thoughts? Think about actions (consequences immediately, an hour/ day/week later) and feelings?

WHAT skills and inner resources did you draw upon after following the ABCDE model?

ABCDE JOURNAL

References

1) https://www.tutor2u.net/psychology/topics/ellis-abc-model

2) https://journals.sagepub.com/doi/pdf/10.1177/070674371105600504

3)https://journals.sagepub.com/doi/pdf/10.1177/070674371105600504