

Name: _____

Date: _____

ABC Model

X K G Z B D F D H S K F A B P Z O S J H V B E P
P P C D Q J C F V H U Z Q Q E Q I E C H H F I T
I Z W U X S Z I M N M Y V Z F H U R C J U J Q E
R P N B Q G N Z H B N O V T F G A B X N T G A S
L E A D Z N Z A L R Q Q X R T A N V U Z C G C D
Z A U E X I K P C C R P J Z Z K Y M I C K X J G
O C L P Q L T Q Q S F D D B K R M L K O Q N L U
F J G R Y E R T H E O S Q J M A H K J A R T B S
P A Y E B E H O O X C I N W J J Q U D P D S V K
B M S S W F O P J W C N D O G M J N X Y C W U L
B N Y S V T I X U G N L E M I W W Y D S S R L Z
E Z K I X Q Q P Q D V Y A U C T G A S Z Q F Q V
L H I O N O D A N K V C C C Q T A E S T R E S S
I Z O N O L R T U D T V J V M E N T F U U F A T
E Q D B B C L X P I V E M X N D S K U O H M D C
F B F V E I Z B V C U L R G A N E N E P U H T M
B N M P U M K A U N O B S S P J E I O X S O K G
W Z D G B K T H Q M M C Y L E V L B R C O I P P
O N D Q Q I M L M W W W S H R H G B O G L C D C
I X V P N Y V D K T N E M S S A R R A B M E B F
X A N G W B J I N T E R P R E T A T I O N G Z Z
M L B Q P A D I P R E G N A U C V W L H B N L H
Z E I B Z W Y Q Q P P Y Q L X D E U D F L R Q O
L I E X N O T R N P K T W T R A E F X O A F T Z

interpretation
consequence
behaviors
belief
anger

embarrassment
depression
feelings
stress
fear

disputations
activating
sadness
guilt