

# A



# B



# C

Activating Event

Belief System

Consequence



<b>Irrational Belief System</b>	<b>Rational Belief System</b>
Extreme	Non -extreme
Rigid – Demands (must, should, have to, need to)	Flexible – preferring not demanding
Unhelpful in the <b>long term</b> / not goal oriented	Helpful in the long term/ goal oriented
Unaccepting of events as they are or with conditions	Accepting of events as they are and unconditionally
Surprising/shocking	Interesting/ Attention evoking