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A: Define the "**Activating**" anxiety-producing event.

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B: Describe your "**Belief**" about it.

C: Describe what you believe to be the "**Consequence**" of it.

D: "**Dispute**" it.

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How To Use "ABCD" cards:

Basically "ABCD" cards are just index cards. You write out a particular scenario that's playing around in your head using the A-B-C-D method. It is just easier to write one thought on each index card and keep reviewing them. For each thought you :

- A: define the "activating" anxiety-producing event.
- B: describe your "belief" about it.
- C: describe what you believe to be the "consequence" of it.
- D: "dispute" it.

Examples:

- A: (Activating Event)=In the bank or Post Office I have to wait while she does something.
- B: (Belief)=I'm afraid I'll pass out or get so anxious I'll panic.
- C: (Consequence of that belief)=They'll haul me away and lock me up (concern about what people think??).
- D: (Dispute)= I won't faint or go crazy...there is no evidence that that has ever happened to me. Once I leave my anxiety will come down--it always does.

Here's another example:

- A= (Activating Event) Driving to an unfamiliar place.
- B= (Belief) I'll get lost and have a panic attack and I won't know anyone.
- C= (Consequences) I'll be left to die. People won't help me because they'll think I'm going crazy.
- D= (Dispute) I could panic, but even if I do it'll pass and I'll be able to drive home. One doesn't die or go crazy from anxiety.

or

- A= (Activating Event) Going to the doctor for a checkup.
- B= (Belief) The doctor will find a lump or some other serious thing.
- C= (Consequences) I could have cancer or have to have an operation and go through all that that entails, including the possibility of dying!
- D= (Dispute) The last time I went to the doctor for a checkup, he didn't find anything bad so I shouldn't expect the worst!