

## THE A-B-C METHOD OF ANALYZING YOUR EMOTIONS

Depression can be thought of as a cycle. Below is one way to show this cycle. We'll be using this model throughout this program. By learning more about this model, you will begin to understand ways to break the negative cycle.

1. **ACTIVATING EVENT:** The situation or experience that triggers negative feelings or thoughts.
2. **BELIEFS:** The thoughts we have about ourselves in response to these activating events.
3. **CONSEQUENCES:** The emotional result of the beliefs; your feelings.

