

**ABCDE Process**

Helping Leaders Grow

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| **A** | **B** | **C** | **D** | **E** |
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1. Activating Event- What circumstances or events triggered the consequences?
2. Belief – What assumptions or assessments are you making?
3. Consequences – What are you feeling or what have you done?
4. Debate, Dispute, Discard – Considering the items in B.
* *What proof do you have?*
* *Is there any evidence to the contrary?*
* *What other possibilities are there?*
* *What would you tell a friend in the same situation in order to help them alter their perspective?*
* *What would someone that I respect say about it?*
* *Have I ever held a similar belief and been wrong?*
* *What learning questions could I / should I ask?*
1. Effect – How has this process effected my feelings, mood, beliefs, and behavior?