ABC Method

A Positive Example of ABC

Let's say that Tracy is an employee at an organization that she enjoys working for, and she demands so much of herself that one might consider her to be a perfectionist.

During her quarterly review, Tracy becomes deeply upset because she received average results from her manager in a number of areas.

The Activating event, A, is that she received average marks. The Belief, B, is that she must have excellent marks or she is worthless. The resulting Consequence, C, is that Tracy feels depressed - which impacts her energy, effort, productivity, and relationships in the workplace.

In truth, Tracy doesn't feel depressed because she received average results on her review. Because if that were true then EVERYONE who ever received average results would HAVE to feel depressed.

No...she feels depressed because of her belief about what the results say about her self-value.

So how would Tracy fix this? She would look at her belief and ask questions...

- *Are all people who get average marks worthless? (Diffuses the irrational belief)*

- *What did I learn from this event that I can use to improve my personal and professional life? (reframing the event as a learning experience - you don't HAVE to like the results of the event...but you do have to find advantages within the consequences).*

- *What can I do to learn more? (ask manager for further feedback)*

Now Tracy reframes her belief (B) to "When I get disappointing results, I don't have to like them...BUT I MUST find a takeaway that will help me improve"

Notice what Tracy does. It's no longer IF I get...but WHEN I get. So she recognizes that falling short is a likely possibility at some point in the future. The second part is I MUST find a takeaway. She is using an absolute...but for positive purposes.

This takes time, strength, patience, and practice. It also ties into greater self awareness.