



## ABCDEF

1. A for the Activating event. When you think about speaking, what thought goes through your mind? (Something like, I'm about to speak and I'm terrified I'm going to blow it.)
2. B for Irrational Belief. What is yours? This is a "should," a "must" or a "demand." (Something like, I must perform well or I should perform well or . . . life won't be worth living!)
3. C for Emotional and Behavioral Consequences. What are those for you? Nervousness, sweating, shaking, divided attention, poor performance? I feel \_\_\_\_\_ because . . .
4. D for Disputing. This is where we really confront this limiting, and untrue, belief and to do so, we ask why. Why must you perform well? Where is the evidence life won't be worth living? Question your irrational belief.

5. E for Effective New Thinking. Write down your effective new thinking and embrace it fully! This is the key to this process. (It's preferable if I perform well, but not a dire necessity. I won't like it if I don't, but I can stand what I don't like. It may have its disadvantages, but the world won't end. I've done poorly before and I've survived and I'll survive this time.)

6. F. New feeling or behavior. Now I feel relieved, calm, happy . . .