

Activating event	Belief about event – irrational	Consequence of my irrational belief	Dispute my irrational belief	Effective change in my thinking
The event that created the urge.	What I believe about <b>A</b> . Find the irrational demand – the <b>MUST</b> .	How I feel and how I behave as a result of <b>B</b> .	A more helpful belief about <b>A</b> that replaces the irrational belief.	How I feel and act as a result of <b>D</b> – my new rational belief about <b>A</b> .