

5-STEP TRIGGER TAMER (1)

(A) Activating Event or Situation:

- What was the situation or event that triggered your negative thinking?

(B) Beliefs or Automatic Thoughts:

- What were your immediate automatic thoughts about the event?

(C) Consequences:

- How did those thoughts make you feel? What were your emotional or behavioral responses?

5-STEP TRIGGER TAMER (2)

(D) Dispute and Reframe Your Thoughts:

- Why were those thoughts unhelpful?
- What would you like to have felt instead?
- What alternative, more helpful thoughts could you have had?
- Challenge your thoughts—what would an optimistic or resilient person think in this situation?

5-STEP TRIGGER TAMER (3)

(E) Effect:

- How do you feel after adopting these alternative thoughts?
- What actions could you now take with these more helpful thoughts?

5-STEP TRIGGER TAMER REFLECTION

- Review your answers to see how your perspective has shifted through the ABCDE Model process.
- What new insights or changes in behavior have you identified?
- How can you apply this approach to other situations in your life?