Finding the ABCs

This exercise is designed to help you get used to distinguish the various parts of your "emotional episodes" in the ABCs. To the right of each of the following statements, write down which parts represent the *A's*, which parts are the *B's*, and which parts are the *C's*. Complete each item. There are no completely "right" answers; simply try to do your best.

I feel so angry. I should not be treated like this — arrested just for having a few drinks.

A. _____

B. _____

C. _____

I can't stand being rejected by her; without her love I'm nothing. I took the overdose because it seemed so hopeless.

A. _____

B. _____

C. _____

Being fired is so depressing. I'll never get another job. This proves how useless I really am.

A. _____

B. _____

C. _____