

## FINDING THE ABC's

This exercise is designed to help you get used to distinguishing the various parts of your “emotional episodes.”

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.

<p>I feel so angry. I should not be treated like this -- arrested just for having a few drinks.</p>	<p>A. _____</p> <p>B. _____</p> <p>C. _____</p>
<p>I can't stand being rejected by her; without her love I'm nothing. I took the overdose because it seemed so hopeless.</p>	<p>A. _____</p> <p>B. _____</p> <p>C. _____</p>
<p>Being fired is so depressing. I'll never get another job. This proves how useless I really am.</p>	<p>A. _____</p> <p>B. _____</p> <p>C. _____</p>
<p>It makes me incredibly anxious to think about giving this talk. I've got to do it well; otherwise I'll be shown up as a jerk.</p>	<p>A. _____</p> <p>B. _____</p> <p>C. _____</p>

<p>Anyone would be angry if they were treated like John treats me. He should know better.</p>	<p>A. _____ B. _____ C. _____</p>
<p>When I see food, I just have to eat it -- I can't help myself.</p>	<p>A. _____ B. _____ C. _____</p>
<p>I got angry when I saw it. It's just not fair that this sort of thing can happen.</p>	<p>A. _____ B. _____ C. _____</p>
<p>I feel really put down; I can't understand this therapy. This proves how inadequate I am.</p>	<p>A. _____ B. _____ C. _____</p>