The ABC process

Rational or positive thoughts

PHARMACIST SUPPORT

EXAMPLE

(A) Activating event (B) Belief about the event (C) Consequences

Here we look at challenging your irrational or negative beliefs. Your manager asks whether you've completed a piece of work you were tasked with (A), and you think, "*They're just asking where I'm up to with the task to update their own line manager and to check if I need any support*" (B). You feel reassured and supported – it's just part of everyone being accountable for the work you do. You now work more efficiently with a positive mindset (C).

ACTIVITY

DON'T FORGET TO SAVE YOUR WORK

Rational response

A

B

C

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