

**Learned Optimism: ABCDE Model<sup>1</sup>**

- A is the adversity – the situation or event
- B is our belief – our explanation about why the situation happened
- C is the consequence – the feelings and behaviors that our belief causes
- D is disputation – the energy of disputing the erroneous belief
- E is the energy – the outcome of successfully disputing our erroneous beliefs

**1. Adversity.** What is the activating event? What happened? What did I do? What did others do? What idea occurred to me? What emotions was I feeling? Describe the event objectively, Who? What? where? When?

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**2. Consequences.** How am I feeling? Am I feeling anger, resentment, loss of control, anxiety? Am I behaving in a way that doesn't work for me? Record your feelings and actions.

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**3. Beliefs.** What beliefs do I have about this event? Which of my beliefs are limiting/dysfunctional and which are helpful and self-enhancing? Record your thoughts about the event. Why do you think it happened?

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**4. Disputing Beliefs.** How can I dispute dysfunctional beliefs? What is the evidence that my belief is true? What helpful belief can I replace it with? Challenge your assumptions.

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**5. Energy.** What does success look like? Consider how you feel now that you have challenged your beliefs. How did disputing your earlier beliefs make you feel?

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<sup>1</sup> The worksheet is based on the ABCDE model developed by Martin Seligman. See: Seligman, M. Learned Optimism: How to Change Your Mind and Your Life. Vintage. January 3, 2006