

# Blank A-B-C-D Model – Sense of Belonging










**SENSEABILITY**



## ACTION

Copy/print onto overhead transparency or use as data file for projection during class discussion.

When an event (A) happens, it is our thoughts and interpretations (B) of the event, and not the event itself, that lead us to experience certain emotions and feelings (C), and to act or react in particular ways (D).

| ANTECEDENTS<br>Event/Situation   | BELIEFS<br>Thoughts  | CONSEQUENCES<br>Feelings   | DO<br>Actions |
|--|--|--|---------------|
| <b>A</b>  | <b>B</b>  | <b>C</b>  | <b>D</b>      |
|         |         |         |               |
|         |         |         |               |