

New Development in Stress Management

# The A-B-C's of RET

(Rational Emotive Therapy)

## Action

## Beliefs

## Consequences

(Cognitions)

(Activating Event)	Unhealthy, Unhelpful, Irrational	Healthy, Helpful, Rational	(Emotional, Behavioral, Relational Reactions)
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## Dispute

(the Irrational Cognitions)

10:1 Ratio

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.