

New Development in Stress Management

# The A-B-C's of RET

(Rational Emotive Therapy)

## Action

(Activating Event)

## Beliefs

Unhealthy, Unhelpful,  
Irrational

Healthy, Helpful, Rational

## Consequences

(Cognitions)

(Emotional, Behavioral,  
Relational Reactions)

## Dispute

(the Irrational Cognitions)

10:1 Ratio

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