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|---|--|---|
| <p style="text-align: center;"><b>A</b><br/><b>Activating Event</b><br/>"Something happens"</p>               | <p style="text-align: center;"><b>D</b><br/><b>Challenging Questions</b></p> <p>Evidence for the stuck point?</p><br><p>Evidence against the stuck point?</p><br><p>Is the stuck point not including all the information?</p><br><p>Is the stuck point extreme or exaggerated?</p> | <p style="text-align: center;"><b>E</b><br/><b>New Belief</b></p> <p>What can I tell myself in the future?</p>      |
| <p style="text-align: center;"><b>B</b><br/><b>Belief/Stuck point</b><br/>"I tell myself something"</p>       | <p>Is the stuck point based on feelings rather than all the facts?</p>   | <p style="text-align: center;"><b>F</b><br/><b>New Consequence</b></p> <p>How does the new belief make me feel?</p> |
| <p style="text-align: center;"><b>C</b><br/><b>Consequence</b><br/>How does the stuck point make me feel?</p> |  |   |