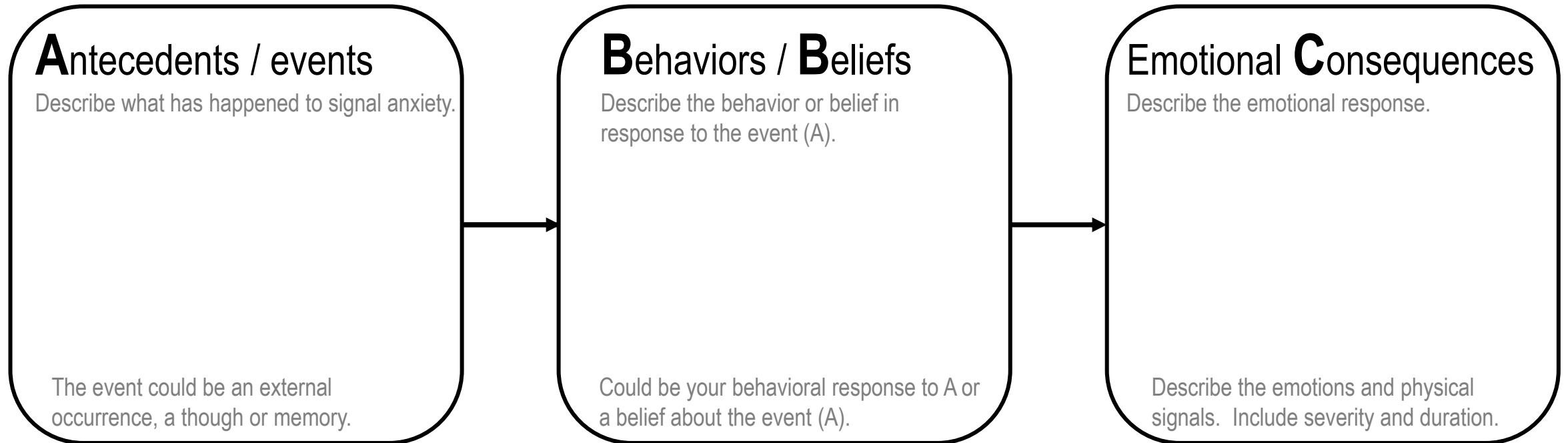


A-B-C exercise



Dispute the belief. Different behavior.
Change your problematic thinking about the event (A). Insert a healthy, coping behavior to ease anxiety or defuse the event.