ABCs of Cognitive Restructuring

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| Activating Event | Belief | Consequence | Dispute | New Effect |
| Barely passed last exam | “I am a terrible student”“Everyone else is smarter than me”“I will always be bad at pharmacology” | Decreased self-confidence, motivation, and effort. Feelings of shame, embarrassment, and anger | “A 70% is still passing.”“Every student has their strengths and weaknesses. I am not the best at pharmacology, but I will continue to work hard, learn, and grow.”  | Increased self-confidence, motivation, and effort. Enhanced positive feelings regarding medical school. |