**The Self-Therapy Process of REBT**

The **REBT self-therapy process**using the **ABCEF** model involves these steps:

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1. Notice you are engaging in an unhealthy emotional or behavioral reaction (C).
2. Identify the adversity (A) or negative state of affairs you are reacting to during your unhealthy reaction. This may be a memory of a past event, a current difficult situation, or an anticipated problem in the future.
3. Identify the rigid and extreme attitudes (B) you are using to disturb yourself.
4. Dispute (D) your specific and extreme attitude using the teach your child question.
5. Create a new healthy, flexible, and non-extreme attitude (E) to adopt (i.e., an attitude you would teach to your child).
6. Live in harmony or act in accord with that new attitude (F) to change what you can change of the negative state of affairs you face and have some degree of happiness if you cannot change the adversity, or it takes a while to do so.