**To Use the ABC Framework, think: What emotion am I experiencing at point C?**

**Is it unhealthy/self-defeating or healthy/self-helping?**

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| **Unhealthy, Self-Defeating, Negative Emotions**  **Have these Characteristics**   * Likely to lead to   + self-defeating behavior   + statements & actions that are later regretted   + impulsive, aggressive, excessive use of force to change Adversity; or failure to persist at addressing the Adversity * Provide feedback that what you want, desire & value is not occurring * Derive from rigid demands or extreme attitudes * Unhealthy Negative Emotions **undermine** your   + ability to have some happiness for as long as the adversity exists   + ability to adapt & cope with your problems   + ability to view future events objectively, that is subsequent thinking is can be biased | **Healthy, Self-Helping Negative Emotions**  **Have these Characteristics**   * Likely to lead to   + self-helping, constructive behavior   + well-planned behavior & well-executed behavior   + persistent & assertive behavior to address Adversity * Provide feedback that what you want, desire & value is not occurring * Derive from flexible preferences and non-extreme attitudes * Healthy Negative Emotions **allow** for   + some happiness despite the existence of the adversity   + adaption & coping to life’s problems   + subsequent thinking that is fair and balanced |
| **Emotional Disturbance**  **Dysfunctional, Unhealthy Negative Emotions are:**  Anxiety  Depression  Guilt  Shame  Hurt  Dysfunctional (unhealthy) anger  Dysfunctional (unhealthy) jealousy  Dysfunctional (unhealthy) envy | **Non-Disturbed Emotions**  **Functional, Healthy Negative Emotions are:**  Concern  Sadness  Remorse  Disappointment  Sorrow  Functional (healthy) anger  Functional (healthy) jealousy  Functional (healthy) envy |

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| **Unhealthy & Healthy** | **Themes of The Related Emotions** |
| Unhealthy Anxiety &  Healthy Concern | A threat to our to comfort, safety, or ego or threat to the comfort, safety or ego of a significant other |
| Unhealthy Depression &  Healthy Sadness | A loss, failure, or undeserved plight of self or other |
| Unhealthy Guilt &  Healthy Remorse | Breaking a moral code, failing to live up to a moral code, “hurting” someone; failing to do good or helpful acts |
| Unhealthy Shame &  Healthy Disappointment | Falling very short of our ideal; being public judged for falling short of a standard |
| Unhealthy Hurt &  Healthy Sorrow | Someone important to us demonstrating that they are investing less in our relationship than we have invested or reciprocated with less than what we believe is our due |
| Unhealthy Anger & Healthy Anger | Being obstructed, someone (including ourselves) transgressing  our rules, someone threatening our self-esteem |
| Unhealthy Jealousy & Healthy Jealousy | Someone posing a threat to a meaningful relationship that we have |
| Unhealthy Envy & Healthy Envy | Someone possessing what we prize but do not have |
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**Note:** The English language does not provide us with the necessary words for distinguishing between the functional, healthy and dysfunctional, unhealthy versions of **anger, jealousy, and envy**. Therefore, we need to differentiate between the functional, healthy and dysfunctional, unhealthy versions of these three emotions by explicitly stating whether we are experiencing the healthy or the unhealthy version of the emotion.

Reference: Dryden, W. (2009) *Understanding Emotional Problems: The REBT Perspective.* Hove, East Sussex: Routledge.