*A . B . C tool.*

EFFECTIVE NEW BELIEF:

Preparing for my exams will cut my anxiety levels, and I will be less stressed. Making a study group with my mates could make it more fun and less of a chore. Knowing to ask for help from teachers is ok too.

DISPUTE YOUR BELIEFS

:

Am I going to fail every exam? Well, if I study a bit more, I will be better prepared

BELIEFS ABOUT THE EVENT:

I’m going to fail every single exam!!

ACTIVATING EVENT:

My exams are coming up…

CONSEQUENCES OF YOUR BELIEFS:

I am stressed, my anxiety levels are high!