**RET: Rational-Emotive Therapy**

*Based on the work of Albert Ellis*

**Most commonly, we see things as “stimulus-response”; “A causes B:”**

![Diagram showing A → B](image)

- **Antecedent** - The Activating Event
- **Behavior** - Our Resulting Response

**However, this gives us little power,** as we do not control everything that impacts us, and we have little direct control over our instinctual responses.

**So, RET suggests that we adopt the “ABC’s” of response:**

![Diagram showing A → B → C](image)

- **Antecedent** - The Activating Event
- **Belief** - Our Chosen Attitude
- **Consequences** - Feelings / Behaviors

**This model gives us much more control, since we and only we control our beliefs, attitudes, and thoughts - which then directly impact our feelings and behaviors.**

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Based on the work of Albert Ellis, a pioneer in the field of thought-replacement therapies like CBT