

RET: Rational-Emotive Therapy

Based on the work of Albert Ellis

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



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:



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.
