

# A T C

## Activating Event - Thoughts - Consequences

### WHAT DOES IT MEAN?

**Activating Event:** this is the trigger.

**Thoughts:** this is what we say to ourselves immediately after an activating event.

**Consequences:** this is our reaction, the emotions and physiological changes that occur in our body.



### CONSIDER THIS...

Child A bites Child B. **This is the Activating Event.**

You think, "This always happens! Child A just doesn't understand." **These are the Thoughts in the heat of the moment.**

You become angry, annoyed, and frustrated. **These are the Consequences.**

Your heart starts racing, face flushed. You stomp over to Child A and angrily say, "We DON'T BITE!" **This is the reaction.**



These are hurtful thoughts to have.

How can we stop in the heat of the moment to think about our actions?

*Please read more about Thinking Traps in our accompanying infographic.*

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