

# GARIN DOUGLAS VICK, PSY.D.

CLINICAL & FORENSIC PSYCHOLOGY

FAMILY FOCUSED



## “A” Facts and Events

*Objective can be proven factually.*

## “B” Self-Talk

*My thoughts, beliefs, & ideas about “A”.*

## “C” Emotional Consequences of “B” (Emotional Response of Feeling)

*How “B” makes me feel and behave.*

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