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Reflection

An ABC-X model is an effective tool used for assessing stress and coping strategies adopted by the family. It is focused on identifying the issues that are linked to an individuals stress and the related factors such as social, economic and environmental aspects (Rosino, 2016).

1. Event stressor

I was told that the boss terminated from my job as a news writer. It was shocking for me because I had never thought of such an event. I was thoughtless at the moment when I moved to my office for collecting things.

1. Resources

The event not only created financial problems for me but also affected my relationship with others. I couldn't tell my parents or my friends because it was so embarrassing. I knew my parents would support me financially until I get my next job, but I turned that option down. I maintained distance from them because every time they were ready to give me suggestions. I had set a boundary between me and everyone because I used to get offended for little things. My aunt was a psychologist, so I decided to take help from her. I knew that she would offer me counseling for my career and future goals. At that time the most important thing that I needed was talking and moral support.

1. Perceptions

I thought if I share my issues with my parents it will disappoint them. Parents have expectations from their children, so had they. I didn't want to ruin their faith in me by telling them that I was facing difficulty in finding a good job. The more I faced them, the more I felt bad. My parents perceived that I was going through some emotional issues and they cared for me. They thought that I need time to manage myself. They also believed that I was too young so I could take another course. They never asked me if I find a job or not. My brother felt my pain and often motivated me. My aunt perceived that I was undergoing extreme stress and I needed to overcome it. She realized that I was socially detaching from people and friends that was alarming for her.

1. Stress or crisis

I opened up with my parents an explained to them my worries about the future. They encouraged me to take a vacation and try to forget past. They supported me morally and financially. My family had to shift expectations and adopt behaviors that could make me feel better. Emotional support was crucial because I was going through a tough time. They motivated to express my negative emotions, and as a result, I felt better. I was more open with my aunt and talking to her helped me to control my anxiety.

The entire experience brought me closer to my family.

Mood-logs allowed me to assess the situation I was experiencing and increased my awareness of coping with it. I identified my distorted thoughts and attempted to reevaluate my feelings associated with them. Some of my distorted thoughts are; I would never get a job. I would always be terminated. I have failed.

My aunt decided to take me to different apprentices and workshops where I could interact with professional people. The family decided to spend time together at dinner. I watched movies with them, and we went outdoor. I managed to come out of stress due to the support of my family and aunt. I started taking interest in life and engaged myself in productive activities.

Reference

Rosino, M. (2016). ABC‐X Model of Family Stress and Coping. *Encyclopedia of Family Studies*.