

ABC Worksheet

A = Activating Event

What happened? _____

What are you imagining might happen? _____

C = Consequences (Feel, Do)

How did you make yourself feel? _____

What if anything did you say or do? _____

Did that make things better or worse? _____

What do you really want? _____

What might have been your mistaken goal(s)? _____

B = Beliefs

What would you have to think, or tell yourself to make yourself feel that way and say or do that?

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

D = Disputing (D = question, A = Answer)

D _____

A _____

D _____

A _____

D _____

A _____

D _____

A _____

D _____

A _____

D _____

A _____

E = Effective Coping Statement

What could you think or tell yourself instead

1) _____

2) _____

3) _____

4) _____

5) _____