

Name: _____

Date: _____

ABC Worksheet

A: Activating Event or Situation: Here you focus on the <i>facts</i> of the situation	B: BeliefThought What <i>automatic thoughts</i> popped in your head following the event? (Note: Is there a core belief or stuck point here?)	C: Consequence/Outcome Emotion: What you felt based upon your thoughts	C: Consequence/Outcome Behavior: How you responded to the situation based upon your thoughts and feelings (what you did)

Were my thoughts in "B" realistic, accurate? (What's the evidence? Is there a *thinking trap* involved? See back page!):

What can you tell yourself on such occasions in the future when a similar event/thought/feeling/behavior occurs? Simply, is there an alternate thought that might be more realistic/accurate?:

Note Any Core Beliefs/Stuck Points that Popped Up:

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Questions to ask yourself to help challenge your (negative) automatic thoughts/core beliefs/stuck points:

- Am I falling into a cognitive distortion/thinking trap? (*e.g., catastrophizing or all-or-nothing thinking*)
- What is the evidence that this thought or belief are true? What is the evidence that this thought or belief is not true?
- Am I blaming myself for something that is not my fault?
- What will happen if I choose not to believe this?
- Am I expecting myself to be perfect?
- Am I using a double standard here? What would I tell a friend if she/he had the same thought?
- Have I confused a thought with a fact?
- How might an outsider view this situation?
- What would a friend say about the situation/thought/feeling/behavior?
- Am I 100% sure that _____ will happen?
- What is the absolute worst thing that could happen?
 - If this did happen, would I be able to cope with that outcome/handle it?
- Is my judgment based on the way I feel instead of on facts?
- Am I confusing “possibility” with certainty?” It may be *possible*, but is it *likely*?
- How would I have viewed this if I were not already feeling overwhelmed/anxious/panicked/upset?