

Client ID: \_\_\_\_\_

Date: \_\_\_\_\_

# ABC Worksheet

| <u>A</u> CTIVATING EVENT                                        | <u>C</u> ONSEQUENCES                 |
|-----------------------------------------------------------------|--------------------------------------|
|                                                                 | <i>FEELINGS</i> <i>BEHAVIORS</i>     |
| <u>B</u> ELIEFS -- SELF TALK / INTERPRETATIONS                  | <u>D</u> ISPUTE -- CHALLENGE BELIEFS |
|                                                                 |                                      |
| <u>E</u> FFECTIVE WAY FORWARD --- <i>AFFIRMATION AND ACTION</i> |                                      |
|                                                                 |                                      |