

## ABC Worksheet

**A**

Activating event  
“Something happens”

**B**

Belief/stuck point  
“I tell myself something”

**C**

Consequence  
“I feel something”

A Activating event “Something happens”	B Belief/stuck point “I tell myself something”	C Consequence “I feel something”

From *Getting Unstuck from PTSD* by Patricia A. Resick, Shannon Wiltsey Stirman, and Stefanie T. LoSavio. Copyright © 2023 The Guilford Press. Purchasers of this book can photocopy and/or download additional copies of this worksheet at [www.guilford.com/resick2-forms](http://www.guilford.com/resick2-forms) for personal use or use with clients; see copyright page for details.