

ABC Worksheets

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"

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

(continued)

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"

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