

ABC Worksheet (Full Version)

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"

Are my thoughts above in B *realistic* or *helpful*? _____

What can you tell yourself on such occasions in the future?

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