ABC Worksheets (Full Version) C Activating event Belief/stuck point Consequence "Something happens" "I tell myself something" "I feel something" Are my thoughts above in B realistic or helpful? _ What can you tell yourself on such occasions in the future? В C Belief/stuck point Activating event Consequence "I tell myself something" "Something happens" "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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