

ABC Worksheet

Date: _____ Client: _____

Activating Event

A

"Something happens"

Belief/Stuck Point

B

"I tell myself something"

Consequence

C

"I feel something"

"If then...."

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

_____ Have I fallen into a thinking trap? _____

What can I tell myself on such occasions in the future? _____

