

Feel Better with the ABC Technique

The ABC worksheet helps people identify what they say to themselves especially during disturbing events. Everyday situations can trigger unhelpful or irrational ways of thinking which can result in excessive emotional reactions and self-defeating behaviors. Disputing, questioning, and replacing irrational beliefs with rational beliefs helps people feel and act better. Think of a situation in the past month in which you had a strong emotional reaction. List (A) the activating event, (B) your beliefs or thoughts about the event or situation, and (C) the consequences including your feelings and actions. Finally, after questioning and challenging any irrational beliefs, list some more helpful or rational beliefs.

A = Activating Event What happened?	B = Irrational Beliefs What did you say to yourself?	C = Consequences What did you do and how did you feel?

List Rational Beliefs:
