

# A-B-C Worksheet

Date: \_\_\_\_\_ Name: \_\_\_\_\_

**ACTIVATING EVENT**

**A**

"Something happens"

**BELIEF**

**B**

"I tell myself something"

**CONSEQUENCE**

**C**

"I feel something"

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Are my thoughts above in "B" *realistic*?

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

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