

Client ID: \_\_\_\_\_

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

## ABC Worksheet

<b><u>A</u>CTIVATING EVENT</b>	<b><u>C</u>ONSEQUENCES</b>
	<i>FEELINGS</i> <i>BEHAVIORS</i>
<b><u>B</u>ELIEFS -- SELF TALK / INTERPRETATIONS</b>	<b><u>D</u>ISPUTE -- CHALLENGE BELIEFS</b>
<b><u>E</u>FFECTIVE WAY FORWARD --- AFFIRMATION AND ACTION</b>	