

# A-B-C Worksheet

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

**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?

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

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