HANDOUT 7.3

ABC Worksheet

Date: _____ Client: _____

ACTIVATING EVENT **A** "Something happens."	**BELIEF/STUCK POINT** **B** "I tell myself something."	**CONSEQUENCE** **C** "I feel something."

Are my thoughts above in "B" *realistic* and/or *helpful*? _____

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

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HANDOUT 7.3c

ABC Worksheet: Example 3

Date: _____ Client: _____

ACTIVATING EVENT **A** "Something happens."	**BELIEF/STUCK POINT** **B** "I tell myself something."	**CONSEQUENCE** **C** "I feel something."
I build a porch and the railing comes loose.	I can never do anything right.	Anger at myself and sadness

Are my thoughts above in "B" *realistic* and/or *helpful*? No. It wouldn't hold up in a court of law because I do SOME things right.

What can you tell yourself on such occasions in the future? There are some things that I do alright. It is not true that I "never" do anything right.

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