

ABC Worksheet: Expanded Version

Self-Kindness

Identify activating event (A).	Identify primary feelings that occurred, i.e. consequences (C).	Identify thoughts that occurred as beliefs (B) and facts.	Identify secondary feelings that occurred, i.e. consequences (C).
What happened?	What primary feelings* happened naturally, without thought, as a result of being human?	What thoughts occurred that are beliefs , rules, opinions, judgments, expectations, assumptions, and/or interpretations? (Expressed as <i>if-then</i> statements when possible.) What thoughts occurred that are facts ?	What secondary feelings** occurred as a result of thoughts that are beliefs? What secondary feelings occurred as a result of thoughts that are facts?

D. Challenge beliefs with facts.

1) What facts challenge the thoughts that are beliefs, rules, opinions, judgments, expectations, assumptions, and/or interpretations? 2) What are the facts about the context in which the activating event occurred? 3) What undue meaning about myself, my life, others, or the world might I have attributed to this activating event or to related events in the past? 4) Have I overestimated possibilities as probabilities? 5) What habitual patterns of thinking do I need to identify and challenge?

E. Provide self-kindness and self-support.

How can I help myself with this? What are humane, realistic, supportive, soothing, helpful thoughts to which I can shift my attention? Have I adjusted the volume on my inner state? How can I be curious rather than judgmental? What can I say to myself the next time this—or something like it—happens?

F. Devise strategies and take action.

Now that I am aware of my feelings and thoughts and have access to my inner wisdom (and the full functioning of my brain): 1) Given my values and priorities, what is my end in mind? 2) What strategies do I need to devise to reach it? 3) What action(s) do I need to take?

After-analysis.

G. Core beliefs. What recurring, problematic beliefs are present? What non-factual beliefs/cognitive distortions/"Stuck Points" seem to dominate my thinking, feeling, behaving, relating, and working such that I seem stuck in repetition?

H. Family of origin issues. (FOOI, pronounced "Phooey!") Some recurring, non-factual beliefs that result in troubling secondary feelings may reveal core beliefs learned in and from my family of origin. What are the facts about what occurred in my family of origin that might generate the beliefs I have identified?

I. Patterns. 1) As a result of core beliefs, what 1) *patterns of feeling*, 2) *patterns of thinking*, 3) *patterns of behavior*, 4) *patterns of relating*, and 5) *patterns of working* can I identify? 2) What sequences and conditions might unintentionally but predictably cause problems in my life based on these patterns? 3) How might I become aware of these patterns and alter them?

***Primary feelings:** mad, sad, glad, afraid, surprised, disgusted, alarmed (includes fight-flight-freeze response)

****Secondary feelings:** shame, guilt, humiliation, self-blame, mistaken other-blame, regret, rage, panic, jealousy, righteousness, vengeance, despair, helplessness, hopelessness, "ideations," i.e. intrusive thoughts or fantasies of harm to self or others

Last revised 9/22/20

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