

## ABC Worksheet – Pandemic Version

A = Activating <b>Event</b> "Something happens."	B = Beliefs/Automatic <b>Thoughts</b> "I tell myself something."	C = Consequences/ <b>Feelings</b> "I feel something."
		Primary feelings (without thought):  Secondary feelings (resulting from thoughts):
<b>Content of my thoughts: facts vs. beliefs</b>  <ol style="list-style-type: none"><li>1. How realistic is this thought?</li><li>2. How effective is it? Is it producing the results I want?</li><li>3. How likely is the content of the thought to happen? Where 10 is "certain," 1 is "impossible," and 5 is "a 50-50 chance," how likely is the anticipated outcome?</li><li>4. Is my beautiful brain engaged in negativity bias, thinking it needs to weigh problems heavily in order to keep me alive?</li><li>5. How helpful is the thought? Is it helping me feel better or worse? Is it helping me do better or do worse?</li><li>6. Is the thought helping me feel more hopeful or more despairing?</li><li>7. Is this thought scaring me or reassuring me?</li><li>8. Is the thought related to judgment - which distresses me further - or acceptance, which helps ease my distress?</li><li>9. What are the top 3 facts/realities I need to accept about what happened/what's happening?</li><li>10. Right here, right now, am I okay enough, at least for now?</li></ol>		
<b>How can I help myself?</b> How can I help ease the intensity of the feelings I am having? How can I help remove myself from the control of unrealistic thoughts, beliefs, or rules?		
<b>Direction and action</b> What is my inner wisdom's guidance on what to say or do - or not say or not do - based on current realities, and on my wants, needs, strengths, values, and priorities?		
<b>Self-kindness</b> In similar situations I might encounter ahead, what might I tell myself as part of my supportive inner dialogue that I would experience as non-judgmental, realistic, helpful, and self-compassionate?		

*This worksheet is informed by Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), Positive Psychology, and other work. Synthesized and compiled by Anne Giles, M.A., M.S., L.P.C. ▪ [www.annegiles.com](http://www.annegiles.com) ▪ Last revised 8/23/21*

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