

ABC Worksheet

Bathed in the sun of self-kindness, I ask myself, "What happened? What am I thinking? What am I feeling? How can I help myself with this?"

A = Activating Event "Something happens." A = Awareness of a Fact "I see reality as it is."	B = Beliefs/Automatic Thoughts "I tell myself something."	C = Consequences/Feelings "I feel something."
		Primary feelings (without thought): Secondary feelings (resulting from thoughts):
Is my thought factual, realistic, probable, and/or helpful?		
How can I help myself? If my thought is factual, realistic, and probable, how can I help myself acknowledge this reality? If my thought is not factual, not probable, not realistic, and not helpful, how can I help myself? If my inner intensity is activated, how can I help myself ease it? If I am having dire thoughts, how can I help myself ease them? What reassurance might I give myself that I would experience as non-judgmental, realistic, helpful, and self-compassionate?		
What are my values and priorities? What is my inner wisdom's guidance as to what to say or do - or not say or not do - based on current realities, and on my wants, needs, strengths, preferences, values, and priorities?		

This worksheet is informed by Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), and other work. Synthesized and compiled by Anne Giles, M.A., M.S., L.P.C. ▪ www.annegiles.com ▪ Last revised 09/29/2024

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