

**HANDOUT 6.3C**  
**Sample ABC Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

<b>Activating Event</b> <b>A</b> <i>"Something happens"</i>	<b>Belief/Stuck Point</b> <b>B</b> <i>"I tell myself something"</i>	<b>Consequence</b> <b>C</b> <i>"I feel something"</i>
<i>I build a porch and the railing comes loose.</i>	<i>"I can never do anything right."</i>	<i>Anger at myself and sadness</i>

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

What can I tell myself on such occasions in the future? *"There are some things that I do all right. It is not true that I 'never do anything right.'"*

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