

HANDOUT 6.3C
Sample ABC Worksheet

Date: _____ Client: _____

Activating Event A "Something happens"	Belief/Stuck Point B "I tell myself something"	Consequence C "I feel something"
<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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