


HANDOUT 6.7

ABCDE Worksheet (with Instructions)

Instructions: Whenever you have an emotional reaction, write it down. Start with your emotional consequences (C). You may feel more than one emotion in response to an event, so write them all down. Next, reflect on what happened just prior to your emotional reactions and write this down in the activating event (A) section; be sure to stick to the facts (who, what, where, when). Next, reflect on your interpretation of the event, your thoughts and beliefs (B) that are connected to each emotional consequence you listed in (C). Actively dispute each maladaptive belief (B) using socratic questions and write down more adaptive beliefs in (D). Finally, ask yourself how you feel now to see if you have a new effect (E).



A Activating Event	B Beliefs	C Consequences (Emotions)																		
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="font-size: small;">How much do you believe each belief? Rate 0-100 before and after Disputing.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 80%;"></th> <th style="width: 10%; text-align: center;">Before</th> <th style="width: 10%; text-align: center;">After</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>		Before	After																<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
	Before	After																		

Just the Facts

(1) What happened just before I started feeling upset?

(2) Who? What? Where? When?

What Were You Thinking?

(1) What went through my mind about A that caused C?

(2) Why does that bother me?

(3) If my belief is true, so what?

(4) What does it say about me?

(5) What is the worst part of it?

(6) Are these thoughts enough to make me feel this bad?

✓ Watch for "should," "must," "never," "always," "awful."

✓ Think of thoughts in complete sentences.

How Were You Feeling?

(1) What am or was I feeling?

(2) What's the strongest Feeling?

✓ Use single words to identify my feelings.

Questioning

(1) What's the proof?

(2) Are there other ways of thinking about it?

(3) What would an optimist think?

(4) What would I tell a close friend in the same situation?

(5) How does it help/hurt me to think this way?

(6) How will I feel about this in a week/month/year/decade?

Disprove/Dispute/Debate

Evaluate

Evaluate/Exonerate

(1) How do I feel now?

(2) Did I exonerate myself?

(3) If I don't feel better, find new arguments in D.