**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).

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<th>Activating Event</th>
<th>Beliefs</th>
<th>Consequences (Emotions)</th>
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**Just the Facts**
1. What happened just before I started feeling upset?

**What Were You Thinking?**
1. What went through my mind about A that caused C?
2. Why did that bother me?
3. Is my belief true, or what?
4. What goes it say about me?
5. What is the worst part of it?
6. Are these thoughts enough to make me feel this bad?

**Questioning**
1. What is the pain?
2. Are there other ways or thinking about it?
3. What would an optimistic think?
4. What would I feel like in a similar situation?
5. How does it help what I do to think this way?
6. How will I feel about this in a worst-case scenario?

**Disprove/Dispute/Debate**

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**How When You Feeling?**
1. What am I really feeling?
2. What's the strongest feeling?
3. Use single words to identify my feelings.

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