

ABC Worksheet

Start Here

Activating Event

Beliefs

How much do you believe each belief?
Rate 0-100 before and after Disputing

	<u>Before</u>	<u>After</u>

Consequences (Emotions)

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.

ABC Worksheet

Activating Event

Beliefs

1. _____

2. _____

3. _____

4. _____

5. _____

Consequences (Emotions)

1. _____

2. _____

3. _____

4. _____

5. _____

Instructions: Whenever you have an emotion reaction, write it down. Start with your emotional consequences. You may feel more than one emotional in response to any given 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 section; be sure, to stick with the facts (who, what, where, when). Finally, reflect on your interpretation of the event, your thoughts and beliefs, that are connected to each emotional consequence you listed in C.

5 ↓

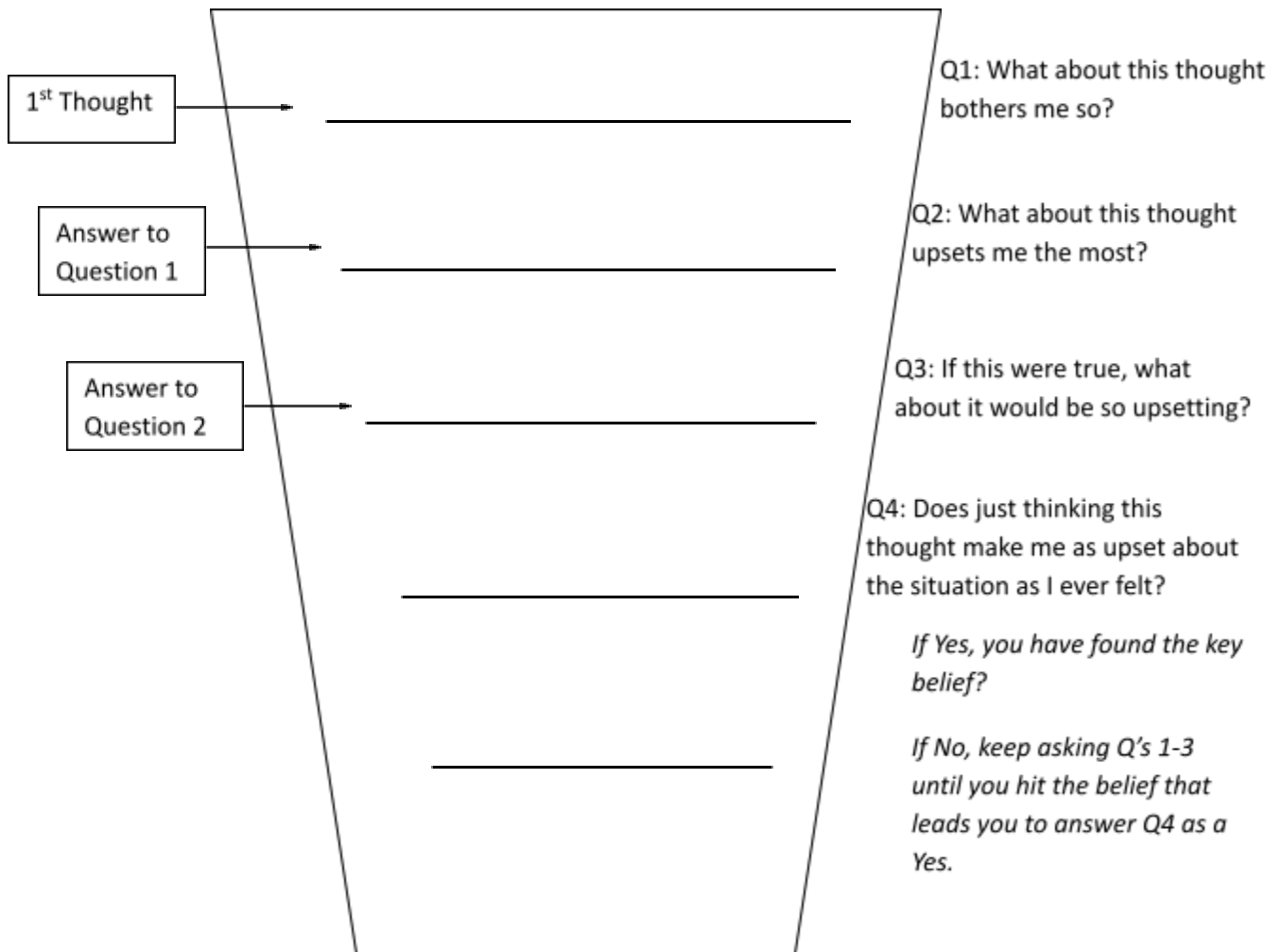
Effect

Evaluation

- (1) How do I feel now?
- (2) If I don't feel better, find new arguments in D.

Handout 6-3. The Funnel Method

Ask Yourself:



ABC Worksheet

Start Here

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	Before	After

Consequences (Emotions)

Just the Facts

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What Were You Thinking?

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

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✓ 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.

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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/ye ar/decade?

Disprove/Dispute/Debate

Evaluate

Evaluate/Exonerate

(1) How do I feel now?

(2) Did you exonerate yourself?

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

5

5

Effect

Evaluation

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Beliefs

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Before *After*

	<i>Before</i>	<i>After</i>

Consequences (Emotions)

Disprove/Dispute/Debate

Evaluate

5 ↓

Effect

Evaluation

- (1) How do I feel now?
- (2) If I don't feel better, find new arguments in D.