

A-B-C Worksheet

Date: _____ Patient: _____

ACTIVATING EVENT

A

“Something happens”

BELIEF/STUCK POINT

B

“I tell myself something”

CONSEQUENCE

C

“I feel something”

<p><i>“I build a porch and the railing comes loose.”</i></p>	<p><i>“I can never do anything right.”</i></p>	<p><i>“I get angry and kick the railing. I also feel down and sad because I can't do anything right.”</i></p>
--	--	---

Are my thoughts above in “B” realistic? “No. It wouldn't hold up in a court of law, because I do SOME things right.”

What can you tell yourself 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.”