

Client Name:

Date:

ABC Worksheet

A Activating Event Something happens	B Belief/Automatic Thought I tell myself	C Emotional consequences I feel
I missed the bus	I did it again	Feeling less than, incompetent

D-Are thoughts in column b- helpful or realistic

E- What can i tell myself in such a situation in the future which is helpful

Adapted from: Burns, D. D. (1989). *The feeling good handbook: Using the new mood therapy in everyday life*. William Morrow & Co.