ABC Thought Log

Catch the B between what happened and how you reacted. Start with C if that is easier.

Name: _____ **Date:** _____

A Activating event What happened? Just the facts.	B Beliefs What did I tell myself? Any musts?	C Consequences Feeling (0 to 10) and what I did
		Feeling: /10
		Feeling: /10
		Feeling: /10
		Feeling: /10

Look for these in B:

- Demand: must, should, have to
- Low frustration tolerance: I can't stand it
- Awfulizing: awful, terrible, the worst
- Global rating: I am a failure, he is bad

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ABCDE Disputing Worksheet

One situation, start to finish. Question the belief, not the feeling.

Name: _____ **Date:** _____

A — Activating event

What a camera would have recorded

B — Beliefs

Surface thought, then ask: and if that were true, what would it mean?

- [ ] Demand
- [ ] Awfulizing
- [ ] I can't stand it
- [ ] Global rating

C — Consequences

Feelings and actions

Feeling before: _____ /10 **Urge or action:**

D — Disputing

Answer honestly. One of each is enough.

Empirical: Where is the evidence that this must (or must not) happen?

Logical: Does it follow? Does one bad event make me, or them, all bad?

Pragmatic: Where does this belief get me? Does it help my goals?

E — Effective new belief

Turn the must into a preference: I'd like... but I don't have to...

Feeling after: _____ /10 **One thing I will do:**

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What Happened, What I Thought, What I Did

An ABC worksheet for kids. It's not just what happened. It's what my brain told me about it.

Name: _____ **Date:** _____

A What happened? (draw or write)

B What did my brain say?

C How did I feel? (circle) What did I do?



mad sad worried embarrassed ok

I did: _____

Big feeling (1 to 5): _____

Thought check

- [ ] **Is that thought true for sure?** yes / not sure / no
- [ ] **Is that thought helping me?** yes / no

A helpful thought I can tell myself: _____

What I can do next time: _____

A grown up I can talk to: _____

Helpful thought ideas (circle one or write your own):

- I can try again.
- This is a small problem.
- I can ask for help.
- Mistakes help me learn.
- I don't like it, but I can handle it.
- One bad moment is not a bad day.

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