

ABC-B Worksheet

Activating event, **B**elief, **C**onsequence - **B**ehavior

1. AUTOMATIC REACTION

Activating event	Belief (thought)	Consequence (feeling)	Behavior
While crossing the street, I saw someone I know, but they did not say, "Hello."	<ul style="list-style-type: none"> ● She must not like me ● I must have offended her at some point. ● She's too stuck up to acknowledge me. ● I'm a loser; other people saw me waving at her and getting no response. 	<ul style="list-style-type: none"> ● Embarrassed ● Ashamed ● Anxious ● Sad ● Angry 	<ul style="list-style-type: none"> ● Avoid her in the future ● Confront her ● Don't wave at people in the future

2. ALTERNATIVE EXPLANATIONS:

- _____
- _____

3. RESTRUCTURED / ALTERNATIVE REACTION

Same A ctivating event	N EW B elief (thought)	N EW C onsequence (feeling)	N EW B ehavior
While crossing the street, I saw someone I know, but they did not say, "Hello."			

How do you feel now? _____

ABC-B Practice

Activating event, **B**elief, **C**onsequence - **B**ehavior

Please fill out each column as you recognize it. It is ok to do it in whatever order you want, depending on what you recognize first. Try to fill out these worksheets as soon after the events as possible. If you wait until the end of the day (or week), you are less likely to remember what you were saying to yourself. These tools will help you become more aware of the connection between your thoughts, feelings, and behaviors following events.

1. AUTOMATIC REACTION

Activating event	Belief (thought)	Consequence (feeling)	Behavior

2. ALTERNATIVE EXPLANATIONS:

- _____
- _____

3. RESTRUCTURED / ALTERNATIVE REACTION

Same Activating event	NEW Belief (thought)	NEW Consequence (feeling)	NEW Behavior

How do you feel now? _____

ABC-B Practice

Activating event, **B**elief, **C**onsequence - **B**ehavior

Please fill out each column as you recognize it. It is ok to do it in whatever order you want, depending on what you recognize first. Try to fill out these worksheets as soon after the events as possible. If you wait until the end of the day (or week), you are less likely to remember what you were saying to yourself. These tools will help you become more aware of the connection between your thoughts, feelings, and behaviors following events.

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Activating event	Belief (thought)	Consequence (feeling)	Behavior

2. ALTERNATIVE EXPLANATIONS:

- _____
- _____

3. RESTRUCTURED / ALTERNATIVE REACTION

Same Activating event	NEW Belief (thought)	NEW Consequence (feeling)	NEW Behavior

How do you feel now? _____