

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"> <input type="radio"/> She must not like me <input type="radio"/> I must have offended her at some point. <input type="radio"/> She's too stuck up to acknowledge me. <input type="radio"/> I'm a loser; other people saw me waving at her and getting no response. 	<ul style="list-style-type: none"> <input type="radio"/> Embarrassed <input type="radio"/> Ashamed <input type="radio"/> Anxious <input type="radio"/> Sad <input type="radio"/> Angry 	<ul style="list-style-type: none"> <input type="radio"/> Avoid her in the future <input type="radio"/> Confront her <input type="radio"/> Don't wave at people in the future

2. ALTERNATIVE EXPLANATIONS:

- _____
- _____

3. RESTRUCTURED / ALTERNATIVE REACTION

Same A ctivating event	NEW B elief (thought)	NEW C onsequence (feeling)	NEW 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.

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2. ALTERNATIVE EXPLANATIONS:

- _____
- _____

3. RESTRUCTURED / ALTERNATIVE REACTION

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

How do you feel now? _____

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

How do you feel now? _____