CBT Exercise - The ABCD Method

Be reflective, not reactive!

Activating Event – (What happened? What’s stressing me out?)

1) _____________________________________________________________
2) _____________________________________________________________
3) _____________________________________________________________
4) _____________________________________________________________

Belief – (What is my negative self-talk? What distorted or irrational thinking style am I using? What negative belief am I clinging to? What interpretations am I making?)

1) _____________________________________________________________
2) _____________________________________________________________
3) _____________________________________________________________
4) _____________________________________________________________

Consequence – (What am I feeling? What is my behavior as a result of my beliefs?)

1) _____________________________________________________________
2) _____________________________________________________________
3) _____________________________________________________________
4) _____________________________________________________________

Dispute – (Counter-thought. What realistic and grounding statement can I use instead? Is there an alternative way of thinking here that is reality based?)

1) _____________________________________________________________
2) _____________________________________________________________
3) _____________________________________________________________
4) _____________________________________________________________