

Adversities – Beliefs - Consequences (ABC) Worksheet

Instructions: Without realizing it, our thoughts and beliefs about a distressing problem often determine how we feel, what we do, and how we interact with others. When we are upset, it is often helpful to slow down and understand this process.

Select a problem or adversity that is upsetting you. Identify and list the thoughts or beliefs that you tell yourself (in your head) about the problem. Next, identify the impact (consequences) of the adversity and your thoughts / beliefs on your feelings (about yourself and others), on your actions and behaviors, and on your relationships. Once you have done this, see if you can identify other, more helpful thoughts or beliefs about the problem. If you can, do the new, more helpful beliefs improve how you feel, what you do, and how you interact with others?



ABC Model

