

Tool 6.1: ABC exercise

Date:

Activating event	Belief about the event	Consequence of the belief	Dispute the unhelpful belief	Effective thinking change
The event that initiated how you felt or behaved (C).	What you believe about yourself, others, and the world that impacted how you felt or behaved (C) in response to (A).	How you felt or behaved about (A) because of (B).	What questions can I ask to determine if (B) is helpful?	What more effective belief (E) can I embrace to change the automatic feelings and behaviors (C) I experience in response to (A).
Ex: My daughter comes home late and obviously drunk.	My daughter doesn't care about me, or she wouldn't behave this way.	I feel angry and hurt. I accuse her of being selfish, disrespectful, and messing up her life. The whole household is tense.	What evidence do I have that my daughter's drinking behavior has anything to do with me? Can I think of any ways that my daughter shows me that she cares about me?	I can tell her that I don't want to talk to her when she's been drinking. I can engage in self-care activities to navigate the discomfort I feel when she comes home late and intoxicated.