

Your ABC problem

Your Activating Event and Consequence to go here:

A	C
My activating event is:	My emotion is:

Your Activating Event as a recent, memorable, vivid story (write it down as succinctly as possible):

The things about the situation the disturb you include (write everything down as a list):

Now that you have your list, identify the thing that disturbs you the most and then write it down below, not forgetting to include the emotion at C next, turn it into a demand:

A	C
My Activating Event is:	My emotion is:

A		B	C
My Activating Event is:	Dogmatic Demand		My emotional Consequence is:

Formulating your unhealthy beliefs:

A		B	C
My Activating Event is:	Dogmatic Demand		My emotional Consequence is:
	Drama		
	I Can't Copes		
	Put-Downs		

Formulating your healthy beliefs

A		B	C
My Activating Event is:	Flexible Preference		?
	Perspectives		
	I Can Copes		
	Unconditional Acceptance		

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