

ABC Model CBT Worksheet

The ABC model is used to help explain the interaction between thoughts, emotions, and behaviors. Use this worksheet to help your clients see clearly how their emotions and thoughts progress after an event or situation happens to them, and how they can adapt their thinking to be more positive.

A: Activating event or situation: something that happens to you or around you

B: Belief about event: what you think about the activating event

C: Consequences of event: How you think or feel following the event

D: Disputation of beliefs: challenge your belief to help create new consequences

E: Exchange old beliefs for new approach: adoption & implementation of new adaptive belief