

ABC Worksheet Examples

ACTIVATING EVENT A “Something Happens”	BELIEF/STUCK POINT B “I tell myself something”	CONSEQUENCE C “I feel something”
I am dysregulated again.	I will never get myself to a place of being regulated or living inside my window of tolerance.	Like a failure and that something is fundamentally wrong with me.

Are my beliefs and thoughts in “B” realistic and / or helpful? Is/are there any unhelpful/ problematic patterns in my thinking?

No, they are not helpful. They are catastrophizing, fortune telling and ignoring the fact that I am trying to learn new ways to self-regulate.

What can I tell myself on such occasions in the future/ (realistic and/or helpful)?

I may have made mistakes in my life, but that does not make me a bad person. I may have done things that I regret, but I have also done good things in my life.

ACTIVATING EVENT A “Something Happens”	BELIEF/STUCK POINT B “I tell myself something”	CONSEQUENCE C “I feel something”
I built a porch and the railing came loose.	I can never do anything right.	Anger at myself and sadness.

Are my beliefs and thoughts in “B” realistic and / or helpful? Is/are there any unhelpful/ problematic patterns in my thinking?

No, my belief would not hold up in a court of law because of I do some things right. I am minimizing what I do well, and exaggerating what I don't.

What can I tell myself on such occasions in the future/ (realistic and/or helpful)?

There are some things I do alright. It is not true that I “never do anything right”.