

# ABC Problem Solving Worksheet



**Activating event** - What is the Activating event?—What happened? What did I do? What did others do? What idea occurred to me? What emotions was I feeling?



**Consequence** - Am I feeling anger, depression, anxiety, frustrated, self-pity, etc.? Am I behaving in a way that doesn't work for me? (drinking, attacking, moping, etc.)



**Beliefs** - Beliefs (dysfunctional)—What do I believe about the Activating event? Which of my beliefs are my helpful/self-enhancing beliefs and which are my dysfunctional/self-defeating beliefs?



**Dispute** - Dispute the Beliefs to find which are dysfunctional—What is the evidence that my belief is true? In what ways is my belief helpful or unhelpful? What helpful/self-enhancing belief can I use to replace each self-defeating or dysfunctional belief?



**Effective New Belief and Emotional Consequence** - What helpful/self-enhancing **new** belief can I use to replace each self-defeating or dysfunctional belief? What are my new feelings?