

Tool 5.2: ABC exercise

Date:

<u>A</u> ctivating event	<u>B</u> elief about the event	<u>C</u> onsequence of the unhelpful	<u>D</u> ispute the unhelpful belief	<u>E</u> ffective thinking change
The event that created the urge.	What I unhelpfully believe about A—the “must.”	belief How I feel and behave in response to A because of B.	Questions I ask myself to dispute the unhelpful belief B	The new more effective belief I adopt to replace B, which leads to a different C in response to A.
Ex: My boss yelled at me today in front of my coworkers.	He has no right to embarrass me. It’s not fair. I can’t stand this.	I’m really mad and I want a drink.	Does my boss only yell at me? Is life always fair? Can I stand this without a drink?	My boss yells at everyone sooner or later. Life isn’t fair. That didn’t feel great, and it’s over. My boss isn’t worth giving up my long-term goals.