

## Emotion Based ABC and Evidence Worksheet

Date	
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A	B	C
Activating Event	Belief/judgmental comments	Consequence
“Something happens” *Describe non judgmentally	“I tell myself something”	“I feel Something”
		<ul style="list-style-type: none"> <li>• Happy: Amused &lt; Ecstatic</li> <li>• Angry: <b>Irritated</b> &lt; Enraged</li> <li>• Sad: <b>A little down</b> &lt; <b>Despair</b></li> <li>• Scared: Uneasy &lt; Terrified</li> <li>• Ashamed: Embarrassed &lt; Mortified</li> <li>• Disgusted: Turn off &lt; Horrified</li> <li>• Envy</li> <li>• Jealousy</li> <li>• Love</li> <li>• <b>Guilt</b></li> </ul>

Please make sure all evidences are concrete, detailed and non-subjective Facts.

Evidence for (=evidences supporting/proving your thoughts/beliefs under ‘B’):
Evidence Against (= Evidences away from/ proving against your thoughts/beliefs under ‘B’):

Are my thoughts (belief) above <u>all the way</u> realistic?		Yes		No
Reality statement: What is the reality based on all evidences?				

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Meaning of thoughts/beliefs (bottom line message):		

Please make sure all evidences are concrete, detailed and non-subjective Facts.

Evidence for (=evidences supporting/proving your thoughts/beliefs under ‘B’):
Evidence Against (= Evidences away from/ proving against your thoughts/beliefs under ‘B’):

Are my thoughts (belief) above <u>all the way</u> realistic?		Yes		No
Reality statement: What is the reality based on all evidences?				