

A-B-C Worksheet (Sample)

Patient: Chris

ACTIVATING EVENT A “Something happens.”	BELIEF/STUCK POINT B “I tell myself something.”	CONSEQUENCE C “I feel something.”
I just froze when Stevens came and shot my friend	I am weak.	sad

Are my thoughts above in “B” *realistic*?

I don't know

What can you tell yourself on such occasions in the future? There is nothing I can do to change it anyway so I should just stop thinking about it.