



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

What do I believe about the Activating event? Which of my beliefs are helpful or self-enhancing beliefs, and which are my dysfunctional or 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 or self-enhancing belief can I use to replace each self-defeating or dysfunctional belief?



Effective New Belief and Emotional Consequence

What helpful or self-enhancing **new** belief can I use to replace each self-defeating or dysfunctional belief? What are my new feelings?