

# A-B-C Worksheet

*Using the chart below, we want to start identifying our “typical chain of events.” We want to start identifying our own patterns of thinking to better figure out what is working and what is unworkable. In the first column, identify the “activating event.” This is a situation that led to a strong emotional/behavioral reaction (e.g., getting cut off in traffic, feedback at work, feeling pain, etc.). In column two, write down the thought(s) you had. What did your brain tell you (e.g., I can’t handle this, they shouldn’t act like that, etc.). Then, in column three write down what happened next. What did you feel and what did you do. Did the problem get better?*

<i>Activating Event</i>	<i>I thought...</i>	<i>Then what happened?</i>



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