

ABCDE Worksheet

The ABCDE model is a simple way of breaking down how our thoughts influence our feelings and behaviors, and how challenging unhelpful or irrational thoughts produces new feelings and behaviors.

<p>Activating Event <i>What happened to you or around you</i></p>	A
<p>Belief <i>Thoughts or interpretations about what happened</i></p>	B
<p>Consequence <i>Feelings and behaviors resulting from your belief</i></p>	C
<p>Dispute <i>Challenges to irrational beliefs</i></p>	D
<p>Effects <i>After dispute, new feelings and behaviors</i></p>	E