

ABC Worksheet

Activating Event (Stressful Situation)	Beliefs (Automatic Thoughts)	Consequences (My Reactions)
<p>I bend over to pick up a package and I get a big increase in my pain.</p>	<p>Why me? What did I do to deserve this? Now I'm in for a miserable day.</p>	Emotional: Frustrated and angry
		Physical: Face feels hot and flushed
		Behavioral: Walk slowly so I don't cause more pain
		Emotional:
		Physical:
		Behavioral:
		Emotional:
		Physical:
		Behavioral:
		Emotional:
		Physical:
		Behavioral:
		Emotional:
		Physical:
		Behavioral: