

## **Session 3: Working with Events, Thoughts, and Feelings**

### **Practice Assignment:**

Please begin this assignment as soon as possible. Write a full account of the traumatic event, and include as many sensory details (sights, sounds, smells, etc.) as possible. Also include as many of your thoughts and feelings that you recall having during the event. Pick a time and place to write that will give you privacy and enough time to write this account. Do not stop yourself from feeling your emotions. If you need to stop writing at some point, please draw a line on the paper where you stop. Begin writing again when you can, and continue to write the account even if it takes several occasions.

Read the whole account to yourself every day until the next session. Allow yourself to feel your feelings. Bring your account to the next session.

Also, continue to work with the ABC Worksheets (Handout 6.3) every day. When you find Stuck Points, add them to your Stuck Point Log (Handout 6.1).

### **Session 4 Handouts:**

6.3: A-B-C Worksheet (six copies included)

**HANDOUT 6.3**  
**ABC Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

**Activating Event**  
**A**  
*"Something happens"*

**Belief/Stuck Point**  
**B**  
*"I tell myself something"*

**Consequence**  
**C**  
*"I feel something"*

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Are my thoughts above in column B realistic or helpful? \_\_\_\_\_

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What can I tell myself on such occasions in the future? \_\_\_\_\_

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**ABC Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

**Activating Event**  
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**Belief/Stuck Point**  
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**Consequence**  
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*“I feel something”*

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**HANDOUT 6.3**  
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