

Session 4: Examining the Index Event

Practice Assignment:

Write another account of the whole traumatic incident as soon as possible. If you were unable to complete the assignment the first time, please write more than you did last time. Add more sensory details, as well as more of your thoughts and feelings during the incident. Also, this time, write your *current* thoughts and feelings in parentheses—for instance, “(Right now I’m feeling very angry.)”

Remember to read over the new account every day before the next session.

Also, continue to work with the ABC Worksheets (Handout 6.3) every day.

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? _____

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

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