

Session 3: Working with Events, Thoughts, and Feelings

Practice Assignment:

Please continue to self-monitor events, thoughts, and feelings with the ABC Worksheets (Handout 6.3) on a daily basis, to increase your mastery of this skill. You should complete one worksheet each day on the trauma causing you the most distress, or other traumas, but you can do additional worksheet items on day-to-day events. Please put any newly noticed Stuck Points on your Stuck Point Log (Handout 6.1) as you use the ABC Worksheets.

Session 3 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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