

# ABCDEF Worksheet

**A**ctivating Event  
What happened?

**B**eliefs & Thoughts (unhelpful)  
What did I think?  
Why did I think this?

**C**onsequences  
What did I feel?  
What did I do?

**D**ispute!  
Dispute your thoughts.  
Challenge your beliefs.

**E**ffective new beliefs & thoughts!  
Find effective & helpful new beliefs  
and thoughts.

**F**eelings (new)  
How do you feel  
about this now?