

## CBT Exercise - The ABCD Method

*Be reflective, not reactive!*

**Activating Event** – (What happened? What's stressing me out?)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

**Belief** – (What is my negative self-talk? What distorted or irrational thinking style am I using? What negative belief am I clinging to? What interpretations am I making?)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

**Consequence** – (What am I feeling? What is my behavior as a result of my beliefs?)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

**Dispute** – (Counter-thought. What realistic and grounding statement can I use instead? Is there an alternative way of thinking here that is reality based?)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_