

A-B-C Sheet 1

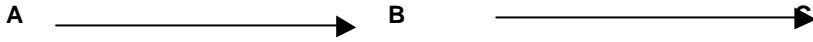
Date

Name

ACTIVATING EVENT

BELIEF

CONSEQUENCE



“Something happens”

“I tell myself something”

“I feel and do something”

Challenge your consequences and reframe these events:

Example:

Activity

Beliefs

Consequences

(Specific event)

(What did it mean to you?)

(What did you do?)

Voices got to me today
By saying "your are no good" →

I felt worthless



I hit my head with my fist.

Reframed use coping skills;

- a) Distract voices with music
- b) Remind myself this is only a voice
- c) Calmed down
- d) Looked forward to evening meal

Carry on with daily activities ←

New feeling of a sense of accomplishment