

A-B-C Form

Date: _____ Client: _____

**EVENT
A**

“Something happens”



**Thought
B**

“I tell myself something”



**Feeling
C**

“I feel something”



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Thinking Questions Form

Here are questions you can use to look at your thoughts to see if they are accurate and useful. Not every question will fit for every stuck point. Answer as many questions as you can for the belief you are working on.

Belief: _____

1. Is your belief a habit or based on facts (is this something that is “true” or something you’ve been saying to yourself for a long time”)?
2. Are you using extreme words or phrases (for example - always, forever, never, need, should, must, can’t, and every time)?
3. Are you looking at the whole of the situation (the context) or are you focusing on one aspect of the event?
4. Are you confusing something that is unlikely to happen (possible) with something that is very likely to happen (certain)?
5. Are your judgments based on feelings rather than facts?

Changing Beliefs and Feelings Form

1. Stuck point



2. Feelings



3. Questions



A habit or a fact?

Extreme words or phrases?

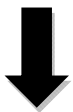
The whole of the situation just 1 part?

Confusing a possibility with a certainty?

Feelings rather than facts?



4. New thought



5. Change in Feelings

