

PsychCoach: The ABCDE of Thinking In A Realistic Way

A	B	C	D	E
What was the event? 	What was the self-talk or belief that caused the feeling?	Note your reactions	How can you think about this in a more realistic and helpful way?	In what way are you distorting or exaggerating the situation?
ACTIVATING EVENT	BELIEFS/SELF TALK	CONSEQUENCES/ FEELINGS/ EMOTIONAL REACTIONS	DISPUTING PROCESS	EVALUATION PROCESS

Guidance for completion

Fill in the C column first when you feel anxious or worried. Work out what was happening when you started to feel that way (column A). Then work out what the self-talk was (column B). Evaluate the self-talk/beliefs (column E), and dispute the self-talk (column D). You can evaluate by working out the real chances of the worry happening. You can dispute the self-talk by consciously thinking in a more realistic way.