

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.