

# A – B – C WORKSHEET

ACTIVATION / SITUATION	BELIEF / STUCK POINT	CONSEQUENCE
<div>Core Belief / What Happened</div> <div>Trigger(s)</div>	<div>What I tell myself</div>	<div>How do I feel / Emotions</div>

## A – B – C WORKSHEET

Describe the event, thought, or belief leading to the unpleasant emotion(s)  
It could be an outside event or something inside your mind

*I am ugly*

Write thought/stuck point related to Column A. (How much do you believe this thought?) thoughts and beliefs that went through your mind.  
Describe in as much detail as you can.

*I was in a car accident and now I have the big scar on my face,  
I.... and...*

Describe after each emotion why you feel this way. Use extra paper if needed.  
If you have a long list of feelings. Specify sad, angry..., and rate how strongly you feel each emotion.  
Attach it to this page

*Angry*

*Depressed*