

ABCDE CBT worksheet

Name	Date
A. Activating Event	
What was it that triggered your negative thoughts?	
B. Beliefs	
What were your thoughts at the time? Find the most distressing one and circle it, this is your Hot Thought .	
C. Consequences	
Physical Feelings	
Emotional Response	
D. Disputation	
Hot Thought from Section B:	
Factual Evidence FOR my thought	Factual Evidence AGAINST my thought
Unhelpful thinking styles?	
Dispute the thought. Questions you might want to try to answer in this section: <ul style="list-style-type: none">• How realistic is this thought?• What other ways are there of viewing this situation?• What would I say to someone I care about if they thought this?	
E. Exchange old thoughts for new effective ones	
New balanced and helpful thought:	