

ABCDE Journal PTSD Worksheet

Name:

Instructions: The worksheet comprises five sections: Adversity, Beliefs, Consequences, Dispute, and Energize Yourself. Please follow the instructions for each section to gain insight into your reactions and beliefs.

A - ADVERSITY

Describe the challenging situation you recently experienced. Stick to the facts and provide specific details.

B - BELIEFS

Reflect on the initial thoughts that crossed your mind during this situation. What did you say to yourself?

C - CONSEQUENCES

Describe how this situation made you feel and what actions you took in response. Be honest and specific.

PAUSE!

Review your beliefs (B) and consequences (C). Do they align? If not, explain any discrepancies.

D - DISPUTE

Identify evidence or facts that contradict your initial beliefs. List them below.

Try to view the adverse event from a different perspective. How would you describe it from this alternative angle? Are there any differences from your initial description?

E - ENERGIZE YOURSELF

List the positive effects that resulted from disputing your initial beliefs.

Reflect on what actions or strategies you will employ the next time you find yourself in a similar situation to better cope with it.

The structure and format of this worksheet draw upon the principles and techniques presented in "The PTSD Workbook" by Tijana Mandic, Ph.D., to assist individuals in managing and understanding their reactions to adverse situations.