

ABCDE Worksheet

The **ABCDE model** is a simple way of breaking down how our thoughts influence our feelings and behaviors. It shows us how unhelpful or irrational thoughts can amplify the negative effects of difficult experiences, as well as how to challenge those thoughts.

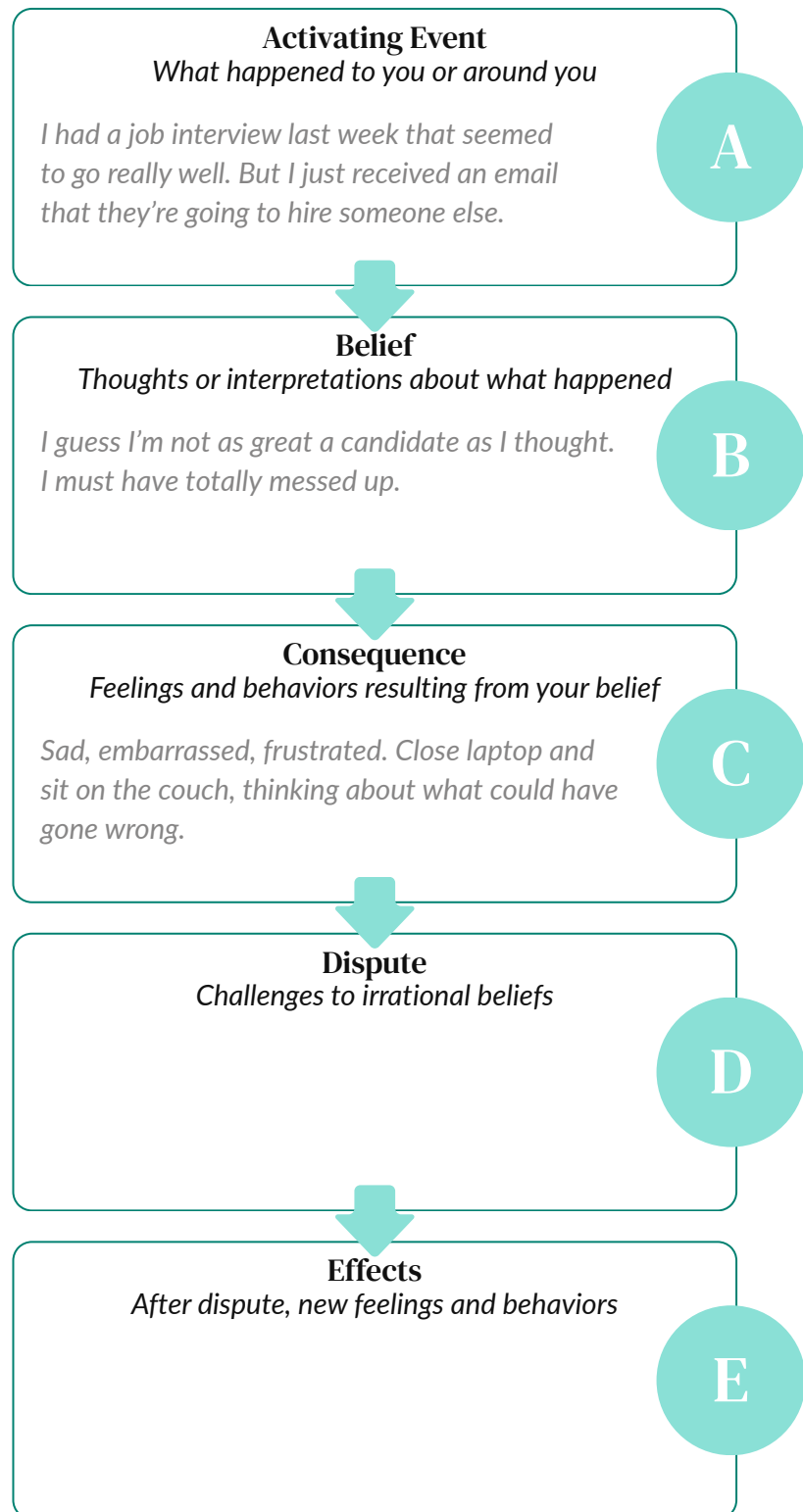
On the first two pages, we explain the model and provide examples. The last page is blank so you can complete it yourself.

The **Activating Event** is the situation that caused your thoughts, feelings, and behaviors.

The **Belief** is the thought or interpretation you had about why the event happened or what it means about you. In REBT, beliefs can be **irrational** (example 1) or **rational** (example 2).

- Irrational thoughts are rigid, illogical, and extreme
- Rational thoughts are flexible, logical, and balanced

The **Consequence** includes the emotions and behaviors that occur as a result of not only the event itself, but also the belief.



*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



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After naming the Activating Event, Belief, and Consequences, the next steps are to Dispute and note the Effects.

The **Dispute** helps us change from an irrational belief to a rational one using one of four techniques:

1) Demand → Preference

I want to be successful...

- *therefore I must →*
- *but I might not always be*

2) Bad, But Not Awful

If it doesn't go my way...

- *it will be awful →*
- *it will be bad, but not awful*

3) Intolerant → Tolerant

Failure is...

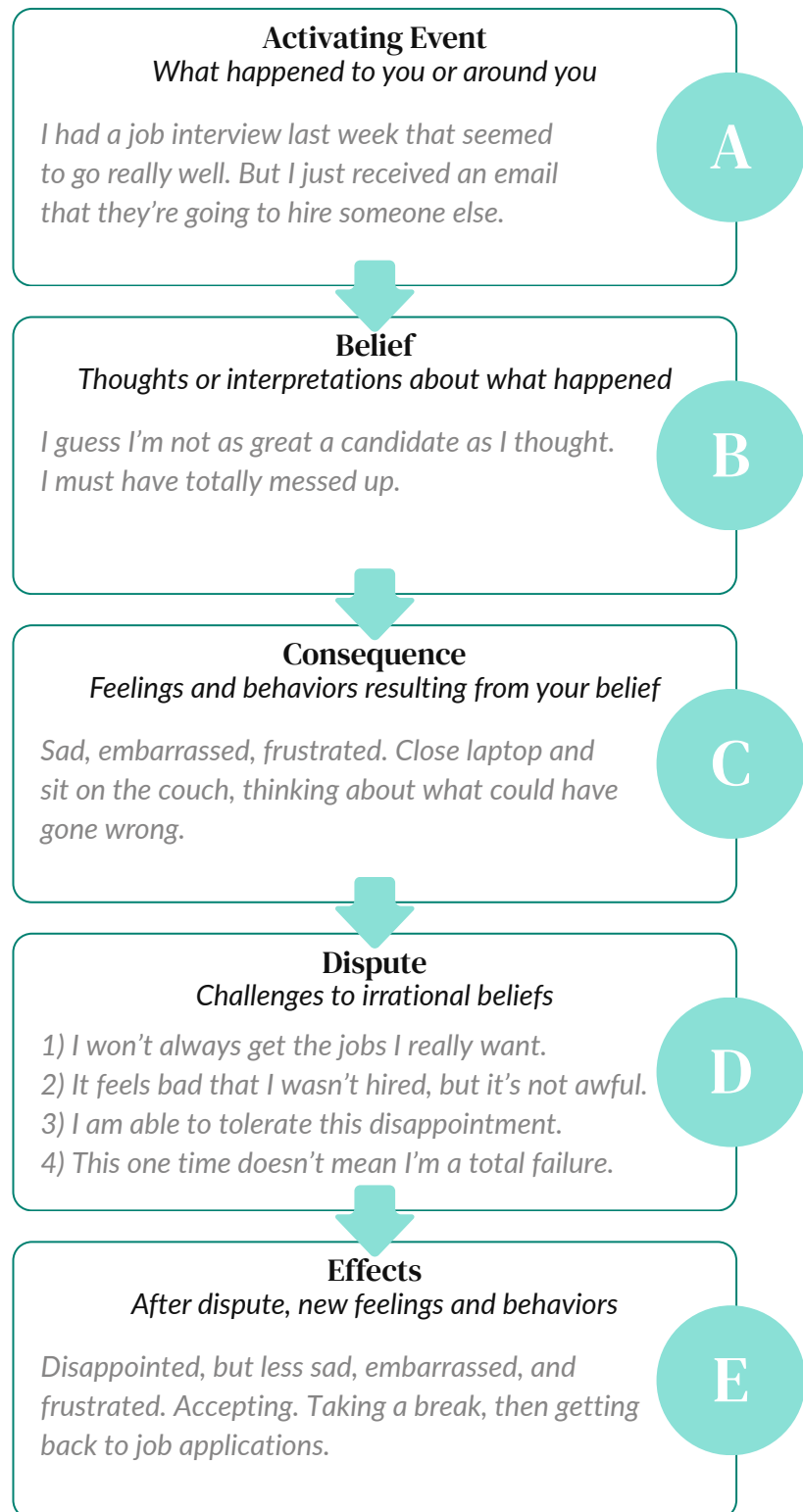
- *unbearable →*
- *difficult, but tolerable*

4) Deprecating → Accepting

When I made a mistake...

- *it meant I'm a total failure →*
- *i didn't like it, but it just meant I'm human*

The **Effects** are the new belief that is created by the Dispute, along with the feelings and behaviors associated with the new belief.



ABCDE Worksheet

Activating Event <i>What happened to you or around you</i>	A
Belief <i>Thoughts or interpretations about what happened</i>	B
Consequence <i>Feelings and behaviors resulting from your belief</i>	C
Dispute <i>Challenges to irrational beliefs</i>	D
Effects <i>After dispute, new feelings and behaviors</i>	E

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://choosingtherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

Learn More with [Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



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