Worksheet 8.1
Flexible Thinking: The ABCDE of My Emotions

A
Activating Situation
What is the situation?

B
Belief
What are my beliefs and thoughts?

C
Consequence
Resulting feelings:
Resulting behaviors:

D
Dispute
Cognitive distortions (check all that apply):
  ____ tunnel vision  ____ all-or-nothing thinking
  ____ “should” or “must” statements  ____ worst case scenario thinking
  ____ personalization  ____ disqualifying or discounting the positive
  ____ overgeneralization  ____ emotional reasoning
  ____ mind reading  ____ labeling
  ____ mental filter  ____ magnification/minimization

What evidence is there that the belief is accurate or not?

E
Entirely New Thought or Behavior
New thought?
New behavior?
What should I do next?

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