

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):

- | | |
|--|--|
| <input type="checkbox"/> tunnel vision | <input type="checkbox"/> all-or-nothing thinking |
| <input type="checkbox"/> "should" or "must" statements | <input type="checkbox"/> worst case scenario thinking |
| <input type="checkbox"/> personalization | <input type="checkbox"/> disqualifying or discounting the positive |
| <input type="checkbox"/> overgeneralization | <input type="checkbox"/> emotional reasoning |
| <input type="checkbox"/> mind reading | <input type="checkbox"/> labeling |
| <input type="checkbox"/> mental filter | <input type="checkbox"/> 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?