



ABC Self-Analysis And Improvement Form

Date:

A Activating Event (Unpleasant event or situation or wrongful behavior of another person; can be future anticipated events):

Counseling Tool. Complete this form with your client. Ask clients to complete three Forms a week as homework.

B Beliefs And Self-Talk Statements (Guess at your irrational beliefs and self-talk statements, especially your absolute musts, absolute shoulds, and five hot links):

C Consequences: Emotional & Behavioral (Describe your 1. unpleasant emotions and 2. behavior):

Emotions:

Behavior (or contemplated behavior):

D Dispute And Debate (Dispute your irrational beliefs and self-talk; that is, dispute your absolute musts, absolute shoulds, and five hot links):

E Effects (Effects Of Dispute: New emotions and behaviors):

Copy this form. Complete the steps in the order of A, C, and then B. Do B after A and C. When upset, complete this form and follow the self-help methods in SOS Chapters 4 and 5. As you complete B, look for your absolute musts, shoulds, and hot links. Also, see if you are believing any of the 11 irrational beliefs described on p. 132 and in Chapter Six. For the first several weeks, only complete A, B, & C.

From the book, *SOS Help For Emotions: Managing Anxiety, Anger & Depression*. Read Chapters at www.sosprograms.com. Rational Emotive Behavior Therapy/Cognitive Behavior Therapy is taught at Albert Ellis Institute. See www.rebt.org

Download this free resource from "Resources For Counselors & Educators" at www.sosprograms.com.

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