

ABC ANXIETY WORKSHEET

COMPLETE THIS LOG WHENEVER YOU NOTICE A THOUGHT OR BELIEF THAT CAUSES PROBLEMS FOR YOU

DAY: DATE:

WHAT WAS THE SITUATION? WHERE WERE YOU?	A: ANTECEDENT What happened to trigger the belief?	B: BELIEF	C: CONSEQUENCE How did you feel as a result? What did you do?

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DAY: Thursday DATE: 21st Jan

WHAT WAS THE SITUATION? WHERE WERE YOU?	A: ANTECEDENT What happened to trigger the belief?	B: BELIEF	C: CONSEQUENCE How did you feel as a result? What did you do?
Art lesson at school	Mr Sanders shouted at me for making a mess.	I can never get it right. I don't belong here. Everyone is staring at me.	Felt panicky. Had to run out of the room. Don't want to go back. Went home and stayed in my room all evening.

EXAMPLE

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DAY: *Sunday* DATE: *8th March*

WHAT WAS THE SITUATION? WHERE WERE YOU?	A: ANTECEDENT What happened to trigger the belief?	B: BELIEF	C: CONSEQUENCE How did you feel as a result? What did you do?
<i>It was evening time and I asked Jake to get his school clothes ready for tomorrow.</i>	<i>Jake had a meltdown because I forgot to wash any clean shirts for him.</i>	<i>I am not cut out to be a parent. I can't even get the most basic things right. It's only a matter of time until I mess up with something even bigger.</i>	<i>Racing heart. Felt like running away. Cried in front of Jake. Felt even worse. Comfort ate half my birthday chocolates. Felt rock bottom.</i>