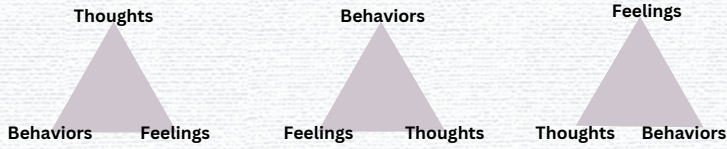


THE COGNITIVE TRIANGLE



ABC WORKSHEET

ACTIVATING EVENT

A

Something happens

BELIEF

B

“I tell myself...”

CONSEQUENCE

C

I feel...

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Are my thoughts in “B” likely or realistic?

What are some alternatives that I can tell myself on such occasions in the future?
