

## ABC Incident Analysis Worksheet

<b>A</b>	<b>B</b>	<b>C</b>
<b>Activating Event</b> (What happened)	<b>Belief</b> (Self-talk)	<b>Consequence</b> (Feelings & Behavior) One word descriptions of feelings or emotions
<b>1</b>	<b>3</b> Identify the Irrational/Negative Thinking & Label the Cognitive Distortion(s):	<b>2</b>  Feeling (1-10)  Sad  Angry  Anxious
	<b>4</b> Identify More Rational/Realistic Thinking:	<b>5</b> Feeling (1-10)

**Cognitive Distortions**

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| <ul style="list-style-type: none"> <li>1. All-or-nothing thinking</li> <li>2. Overgeneralization</li> <li>3. Mental filter</li> <li>4. Disqualifying the positive</li> <li>5. Jumping to conclusions (mind reading &amp; fortune telling error)</li> </ul> | <ul style="list-style-type: none"> <li>6. Magnification (catastrophizing) or minimization</li> <li>7. Emotional reasoning</li> <li>8. Should statements</li> <li>9. Labeling and mislabeling</li> <li>10. Personalization</li> </ul> |
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