*Identifying Automatic Thoughts (ABCs)*

**A**ctivating Event

Tell me about a stressful situation this week

**B**elief

What was going through your mind?

**C**onsequence

How did you feel after the event?

**A**

**B**

**C**

**Homework**: *When you notice your mood changing or getting worse in the next week, could you stop and ask yourself, ‘What is going through my mind right now?’”*

*Worry Outcome Chart*

|  |  |  |  |
| --- | --- | --- | --- |
| What am I worried about right now? | How worried am I? (0-10, 10=very worried) | After: How bad was the actual event? (0-10, 10=very bad) | What was going through your mind during the event? |
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**Homework**: *When you notice you’re worried about something this week, take a moment to check in on that worry, and then return to this chart when you have time at the end of the day.*

*Questioning Automatic Thoughts*

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| --- |
| Automatic thought:  |
| 1. What is the evidence that supports/refutes this idea? |  |
| 2. Is there an alternative explanation or viewpoint? |  |
| 3. What is the worst that could happen? How would I cope with that? |  |
| 4. What is the effect of my believing this? |  |
| 5. What would I tell [friend, family member] if they were in the same situation? |  |

**Homework**: *When you identify an automatic thought that might be unhelpful, answer these 5 questions and then reassess how much you believe that thought.*