

The ABCDE Worksheet

Use this form to help your client identify, challenge and replace unhelpful thoughts and beliefs about their situation.

What is your goal?
ACTIVATING EVENT (A)
Write down what triggered your feelings (the situation can be in the past, present or future):
BELIEFS (B)
What thoughts and beliefs go through your mind about the situation?
CONSEQUENCES (C)
Describe any unhelpful emotions you are feeling about the situation:
2. How do you act (or feel like acting) that is unhelpful?

 $@ \textit{Motivational Career Counselling and Coaching} \ by \ Steve \ Sheward \ and \ Rhena \ Branch \ (2012, SAGE)$



DISPUTING (D)
What mistakes are you making with your thoughts and beliefs about the situation?
EFFECTIVE THINKING (E)
1. How would you prefer to think about the situation?
2. How would you prefer to feel about the situation?
2. How would you prefer to get in the cityotion?
3. How would you prefer to act in the situation?



