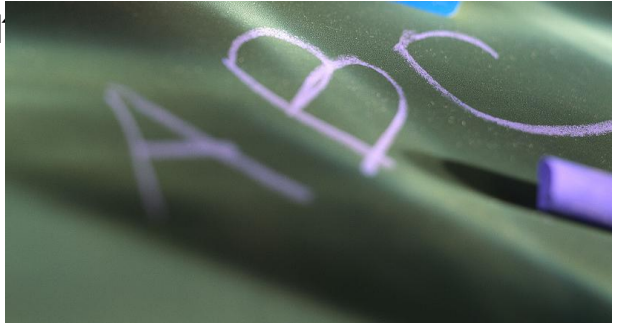


ABC WORKSHEET

Fill out the boxes provided with your **OWN** urges, thoughts & our



ABCDE Worksheet

Activating Event - Triggers (A)

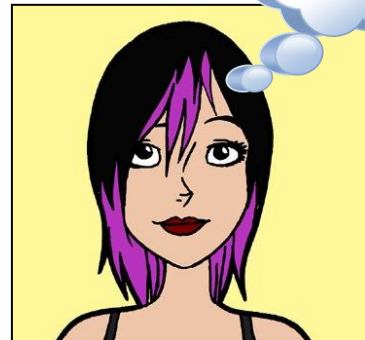
What is happening?

Then answer the following:

Is it **real** or **imagined**?

Is it **past**, **present** or **future**?

Is it **internal** or **external**?



Beliefs (B)

What am I thinking? (You may have multiple thoughts about the same event, if so list them all.)

Consequences (C)

Focus on what you are feeling. There will be many feelings so list them all. List any physical feelings you may be experiencing. List behaviours you chose to do after you experienced the feelings.



ABC WORKSHEET

Fill out the boxes provided with your **OWN** urges, thoughts & outcomes



Dispute (D)

Pause for a moment

Look at your thinking **(B)**. Realize that your thoughts are always happening even if you are not aware of them. How often do you stop and look at your thinking? The more you look into what you are thinking, the better you will become at making healthy choices.

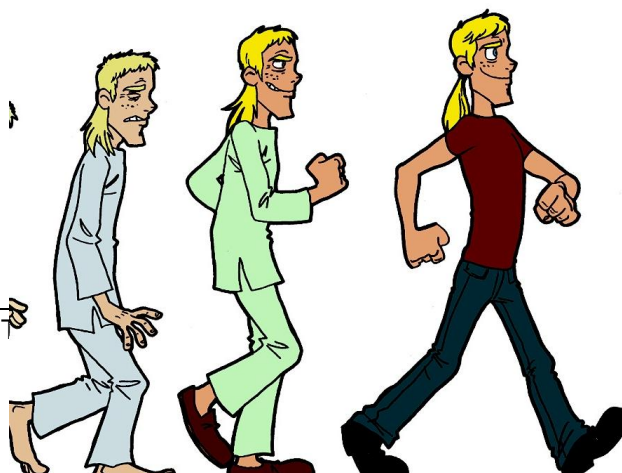
Here is another series of questions to ask yourself:

- Am I thinking in my long-term best interest? Focus on longer term thinking, short-term thinking many times leads us to pleasure now, but possibly serious consequences later.
- If I act on my thinking what is the outcome?
- What are some other thoughts?
- Is my thinking rigid or flexible?
- Is my thinking logical or illogical?
- Is my thinking realistic or unrealistic?
- Is my thinking helpful or unhelpful?



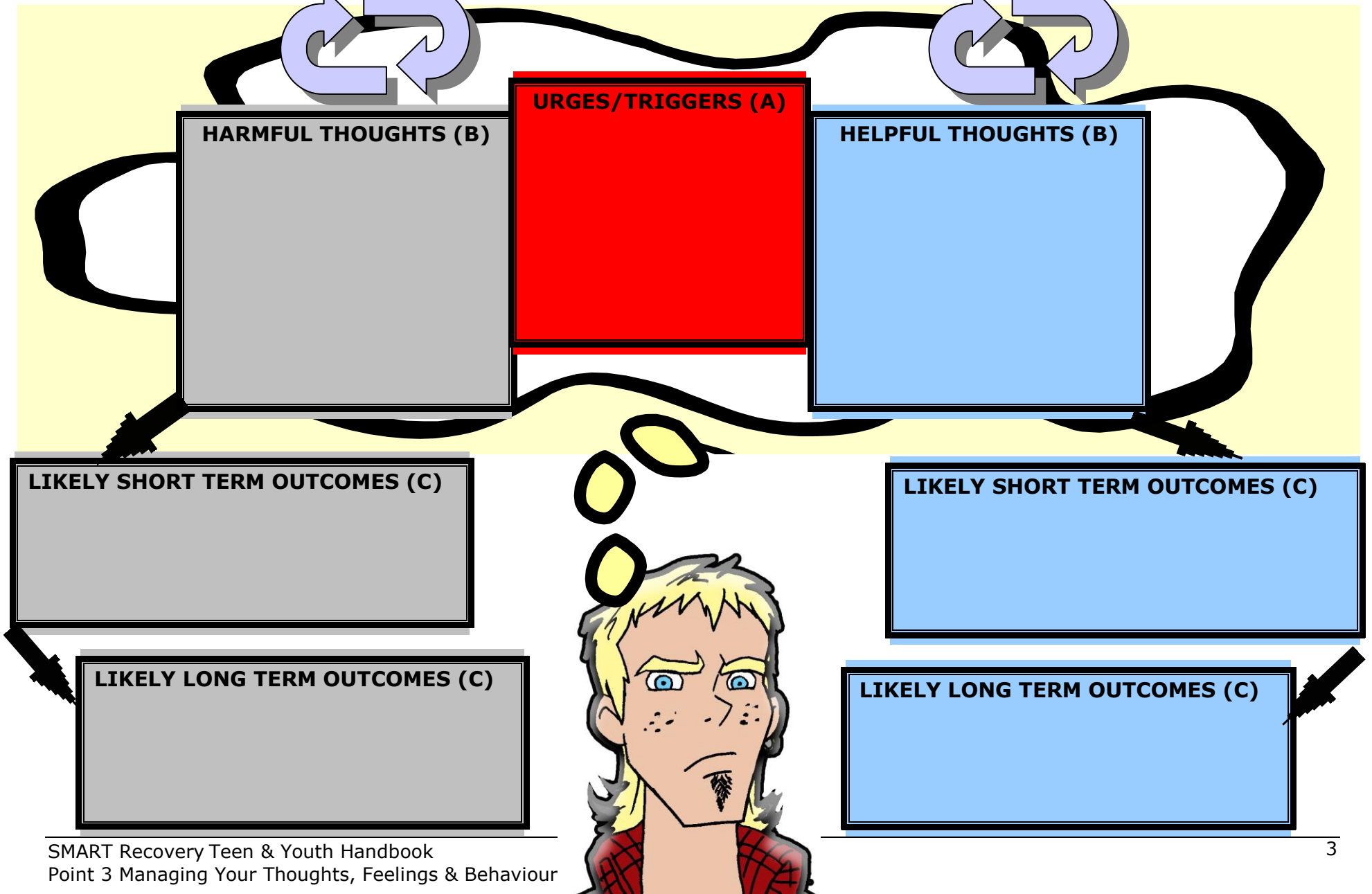
Effect(s)

The new effect will be a more healthy feeling followed by different behaviour.






ABC WORKSHEET

Fill out the boxes provided with your OWN urges, thoughts & outcomes



THE TRUTH THOUGHT VS TRUTH IMAGINED VS ACTUAL TRUTH

<p>The Truth - Thought <i>(Enter in this column, the things you think and feel are true about your 'using')</i></p> 	<p>The Truth - Imagined <i>(Enter in this column, the things that you imagine or fantasize to be true about your 'using')</i></p> 	<p>The Actual Truth <i>(Enter in this column, what is ACTUALLY really & truthfully happening with your 'using')</i></p> 
<p>E.g. "Using" makes me look so cool. I fit in!!!</p>	<p>E.g. When I am high, I am superman.</p>	<p>E.g. I am avoiding dealing with the real pain – with what's really upsetting me. I feel so alone.</p>

