

A-B-C-D Model Worksheet

Use this cognitive-behavioral therapy (CBT) technique to help manage difficult emotions, including problems with anger management.

A=Activating Event (This refers to the initial situation or “trigger” to your strong emotion)	B=Beliefs (How you interpret the trigger; what you say to yourself about it)	C=Consequences (This how you feel and what you do in response to your belief system; the emotional and behavioral consequences that result from A + B)	D=Dispute (Examine your beliefs and expectations. Are they unrealistic or irrational? If so, what may be alternative ways to relate to the situation?)
Write in each box...			

Reference: <http://store.samhsa.gov/shin/content/SMA12-4210/SMA12-4210.pdf>

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