

ABCD Thought Log

Activating Event – (What happened? What’s stressing me out?)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Belief – (What is my negative self-talk? What negative belief am I clinging to? What interpretations am I making? Which Cognitive Distortions apply?)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Consequence – (What am I feeling? What physical sensations am I having? What is my behavior as a result of my beliefs?)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Dispute – (Counter-thought. What realistic and grounding statement can I use instead? Is there an alternative way of thinking here?)

- 1) _____
- 2) _____
- 3) _____
- 4) _____