

CPT: THE ABC Worksheet

It's time to break down the emotional responses to the traumatic experience and identify the beliefs that may still lurk behind them.

A) Write about the activating event, providing a brief overview of what happened.

B) Identify your beliefs by explaining what you were thinking during the traumatic event.

C) Name the consequences - how did you feel or react to the experience?



icarusbehavioralhealth.com | 505.305.0902