

## **ABC's of Emotion Homework Sheet**

| A. | Activating Event (What happened – the facts)                                       |
|----|--|
| В. | Your Beliefs about "A" (What you think about or your interpretations of the facts) |
| C. | Your Emotions & Behaviors (How you feel and act after "A" happens)                 |
| D. | Disputes: New ways of thinking about "A"   |
| E. | Effect – your new emotions & behaviors   |
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