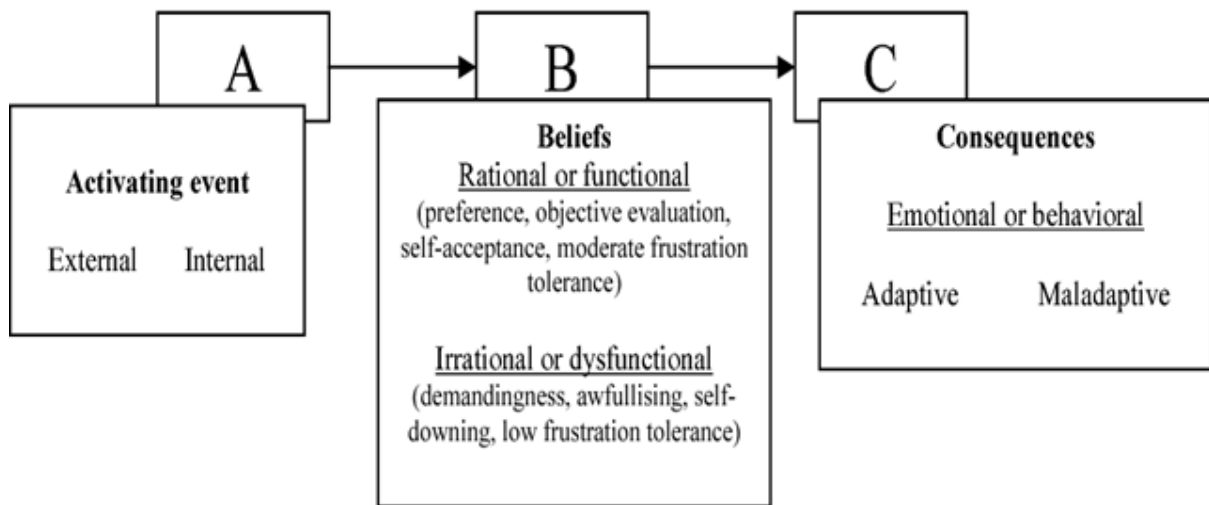


## ABC Cognitive Behavioral Therapy Worksheet



**Fill the log given below as per your own experiences:**

Activating Event	Beliefs	Consequences