

Changing Reactions Worksheet - “ABC” Worksheet

Changing your reactions to situations in your life can be challenging. You can use this worksheet to look at situations in your life in which you reacted in a way you would like to change. This sheet will walk you through the “ABCs” of making these changes.

A – Antecedents The situation or event that led to your reaction (e.g., what happened before your reaction)

B – Behavior What you did in response to the situation/event (e.g., what you said, thought, or did)

C – Consequences The outcome or result of your behaviors (e.g., what you thought or felt)

Fill out the A, B, and C columns below about a **specific** event from your life. Next, fill out the “Alternative behaviors” column with effective ways of coping with the situation that would have led to a better outcome. Several examples are provided below.

Date	A – Antecedent	B – Behavior	C – Consequences	Alternative behaviors
Example 9/15/08	Called a friend and he/she did not call back	<ul style="list-style-type: none"> - Stayed at home and watched TV - Thought about how people always let me down 	<ul style="list-style-type: none"> - Felt depressed - Low energy for rest of day 	<ul style="list-style-type: none"> - Call another friend - Remind myself that the friend may have been busy; send him/her an e-mail
Example 9/15/08	Woke up with back pain	<ul style="list-style-type: none"> - Cancelled plans to walk with a friend - Thought about how much the pain controls my life - Stayed in bed for half the day 	<ul style="list-style-type: none"> - Felt depressed/hopeless - Felt stiff and achy from staying in bed too long - Felt isolated and alone - Missed out on spending time with friend 	<ul style="list-style-type: none"> - Call friend and ask to do another activity - Remind myself that I can’t control when pain happens, but I can control how much I let it run my life
Example 9/15/08	Walking through the mall and started to feel panicky (i.e., felt anxious, heart was beating faster)	<ul style="list-style-type: none"> - Thought that I might be having a heart attack - Left the mall and went to the ER - Cancelled my plans for the rest of the day 	<ul style="list-style-type: none"> - Felt scared/helpless - Missed out on lunch plans with my daughter - Felt discouraged that this was happening again 	<ul style="list-style-type: none"> - Remind myself that my doctor says my heart is OK - Breath slowly to slow down my heart rate - Remind myself that anxiety can’t hurt me

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