

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

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