

REBT: ABC Reflection Worksheet

This worksheet supports reflection on how situations, beliefs, and emotional responses are connected. It is designed for journaling and self-awareness, not evaluation or diagnosis.

A — Activating Event: Describe a recent situation that triggered a strong emotional reaction. Focus on what happened, not why you think it happened.

B — Beliefs: Write down the thoughts, assumptions, or interpretations that came up during or after the event.

C — Consequences: Reflect on how those beliefs affected your emotions and actions.

