

When I feel **ANGRY**

ABC MODEL WORKSHEET

Situation (A - Activating Event)

Describe the specific situation, trigger, or event that led to you feeling angry at yourself. Be as detailed as possible. What happened? Who was involved? When and where did it take place?

Belief (B - Negative Self Talk)

What thoughts, beliefs, or interpretations went through your mind about yourself in response to the situation? These are often self-critical, judgmental, or blaming thoughts. Write them down as they come to you.

Consequence (C - Feelings & Actions):

What thoughts, beliefs, or interpretations went through your mind about yourself in response to the situation? These are often self-critical, judgmental, or blaming thoughts. Write them down as they come to you.

Dispute (D) with Negative Self Belief

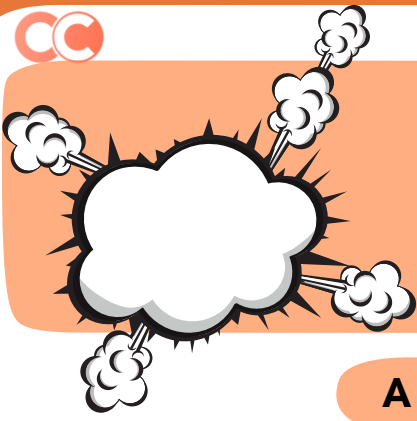
Ask yourself the following questions for each thought:

- What evidence supports this thought?
- What evidence contradicts this thought?
- Are there other possible interpretations of the situation?
- What would you tell a friend who was in this situation and having the same thought?



Effective (E) New Belief

Based on your examination in the "Dispute" section, write down a more balanced, realistic, and compassionate thought about yourself and the situation. How can you reframe your initial negative self-talk?

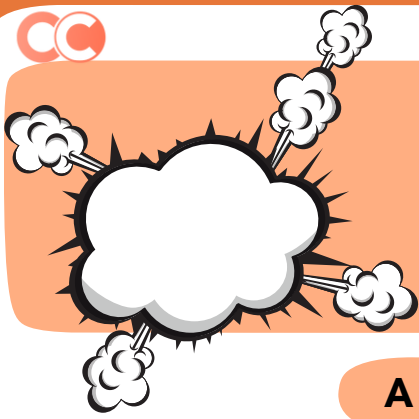


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Instructions

1. Choose a recent situation where you felt angry at yourself.
2. Complete each section of the worksheet honestly and with as much detail as possible.
3. Take your time in the "Dispute" section to really challenge your negative self-talk.
4. Focus on creating a new belief that is both realistic and kinder to yourself.
5. Reflect on how the new belief impacts your feelings and potential actions.
6. You can use this worksheet repeatedly for different situations to become more aware of your self-critical patterns and develop more helpful ways of thinking.
7. Bonus Tip: You can use AI models like chatgpt, claude, Gemini to more specific instructions on each of the categories (A,B,C,D,E)



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Date: May 17, 2025

Situation (A - Activating Event)

My team lead asked me to work on a task that would take me 4 hours to finish, 30 minutes before my workday ended on a Friday. This had the potential to ruin my weekend plans. The request was made via email.

Belief (B - Negative Self Talk)

1. Didn't the team lead see how hard I worked this week and that I need the rest?
2. Doesn't he know that it will take 4 hours to complete the task and I will have to work overtime which is unpaid in our company?
3. Is he trying to ruin my weekend?
4. Is this the reward I get for doing my work early?
5. Should I be like others and submit my work closer to the deadline each day?
6. He has violated my personal space and is exploiting my personal time.
7. I should have spoken up more forcefully.
8. I'm being taken advantage of because I'm a hard worker.
9. I'm powerless to change this company culture.

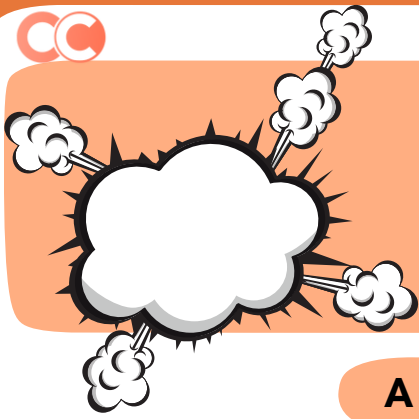
Consequence (C - Feelings & Actions):

Feelings

1. Frustration (Intensity: 4 initially, then turned to 7)
2. Anger (Intensity: 7)
3. Resentment (Intensity: 6)
4. Feeling put down (Intensity: 5)
5. Demotivated (Intensity: 7)

Actions / Reactions

1. Remained silent when the request was made.
2. Feeling put down and demotivated since the event.
3. Internal resentment towards myself for not changing the company culture.



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Dispute (D) with Negative Self Belief

Dispute (D) Summary for Belief 1:
You don't have hard evidence that
your team lead was unaware of your
hard work.

He is under pressure to meet
deadlines from his own boss.
While you feel he shouldn't ask for
unpaid overtime, especially not
without acknowledging your time, he
might have felt the urgency of the
situation required it.

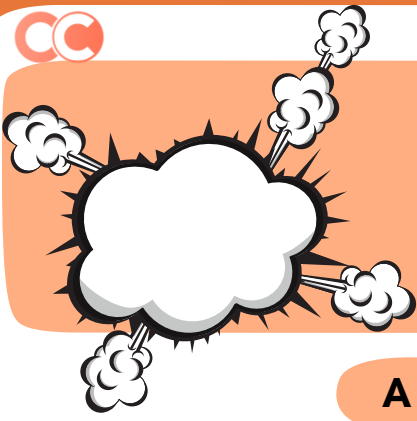
Effective (E) New Belief

Effective New Belief (E) for Belief 1:
"While I feel my hard work this week should
have been considered, my team lead is
also facing pressure. It's possible he didn't
fully consider the impact on my personal
time or the estimated duration of the task
in the moment. In the future, it would be
helpful for me to proactively communicate
my workload and availability, especially
towards the end of the week. While I still
believe unpaid overtime requests should be
handled with more consideration, I can
understand that urgent situations might
arise due to his own pressures."



Reflection

Understanding my team lead's pressures makes the late Friday request feel less
personal, softening my anger about the timing and unpaid overtime. Recognizing
shared workplace pressures is important. Moving forward, I'll proactively communicate
my workload, especially on Fridays, and plan how to politely but firmly address unpaid
overtime requests to better protect my time and boundaries. This allows for
constructive action instead of just reactive anger.



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Date: _____

Situation (A - Activating Event)

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Belief (B - Negative Self Talk)

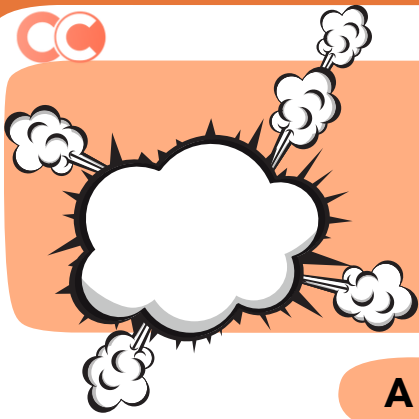
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Consequence (C - Feelings & Actions):

Feelings

Actions / Reactions

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Dispute (D) with Negative Self Belief

Effective (E) New Belief



Reflection