

# ABCDE Journal PTSD Worksheet

Name: \_\_\_\_\_

Instructions: The worksheet comprises five sections: Adversity, Beliefs, Consequences, Dispute, and Energize Yourself. Please follow the instructions for each section to gain insight into your reactions and beliefs.

## A - ADVERSITY

Describe the challenging situation you recently experienced. Stick to the facts and provide specific details.

## B - BELIEFS

Reflect on the initial thoughts that crossed your mind during this situation. What did you say to yourself?

## C - CONSEQUENCES

Describe how this situation made you feel and what actions you took in response. Be honest and specific.

## PAUSE!

Review your beliefs (B) and consequences (C). Do they align? If not, explain any discrepancies.

## D - DISPUTE

Identify evidence or facts that contradict your initial beliefs. List them below.

Try to view the adverse event from a different perspective. How would you describe it from this alternative angle? Are there any differences from your initial description?

## E - ENERGIZE YOURSELF

List the positive effects that resulted from disputing your initial beliefs.

Reflect on what actions or strategies you will employ the next time you find yourself in a similar situation to better cope with it.