

Cognitive Processing Therapy ABC Worksheets



INGRAINED
RECOVERY

THESE ABC WORKSHEETS FOR STUCK POINTS OF TRAUMA ARE INTENDED FOR SELF-REFLECTION ONLY. COGNITIVE PROCESSING THERAPY SHOULD BE GUIDED BY CERTIFIED PROFESSIONAL. SHARE YOUR STUCK POINT LOG AND FEELINGS WITH YOUR THERAPIST TO GIVE THEM A BETTER IDEA OF YOUR TRAUMA-RELATED THOUGHTS.

DO YOU NEED HELP WITH HEALING AFTER TRAUMA? CALL INGRAINED RECOVERY AT 844.450.1700 FOR AN ASSESSMENT.

ACTIVATING EVENT - WHAT HAPPENED?

DESCRIBE WHERE YOU WERE AND WHO WAS WITH YOU WHEN THE ACTIVATING EVENT HAPPENED.

EXPLAIN THE SEQUENCES OF EVENTS.

FILL IN ANY ADDITIONAL DETAILS ABOUT THE ACTIVATING EVENT.

BELIEF OR STUCK POINT – NEGATIVE THOUGHTS

WHAT DO YOU TELL YOURSELF ABOUT THE ACTIVATING EVENT?

DO THESE THOUGHTS CREATE ANXIETY OR PAIN?

DESCRIBE ANY DOUBTS YOU HAVE ABOUT THE THOUGHTS.

CONSEQUENCES OF THE STUCK POINT

HOW DO YOU FEEL WHEN YOU THINK ABOUT THE ACTIVATING EVENT AND STUCK POINT?

WHAT IMPACT DOES THE STUCK POINT HAVE ON YOUR DAILY LIFE?

LIST ANY EVIDENCE THAT THE STUCK POINT/NEGATIVE THOUGHTS ARE TRUE.