

Excerpted from *The Healing Power of Writing:
A Therapist's Guide to Journaling with Clients* by Susan Borkin.
From Chapter 7: Anxiety Disorders

REDUCING ANXIETY: ABCDE

Activating: What is the activating event(s) that has made you anxious, worried, or upset?

Beliefs: What beliefs do you have based on this event?

Consequences: What are the consequences of these beliefs?

Disputation: How can dispute these beliefs?

Effect: What is the effect of new disputed beliefs?
