

## Cognitive Restructuring for Beginners Worksheet

Sometimes we need a little bit of help pushing negative thoughts & worries out of our minds. The ABCD's technique helps you to identify the thoughts and emotions you attach to specific stressors. For example, some people react with fear, others with anger, and some with disappointment. This technique teaches you to focus on what you can control, emphasizes your strengths, and helps to build confidence in your abilities, even when you face setbacks.

**Instructions:** Write down a specific adversity (challenge or set-back) you faced this week. Then, write down the beliefs and consequences you experienced in relation to that adversity. Finally, argue to disprove those negative thoughts and feelings. Think like a lawyer – use specific pieces of evidence to make your case. Think of what you can do to increase the chances that you will be successful in overcoming this adversity.

Example:

<b>Adversity:</b>	I made a ton of mistakes in training today.
<b>Belief (Thoughts):</b>	I suck. I'm going to have a terrible race this weekend.
<b>Consequences (Feelings):</b>	I'm frustrated & disappointed in my ability. I'm scared I am going to let everyone down.
<b>Disputation:</b>	It was just 1 training session. I had a long day and wasn't focused. That doesn't define who I am as an athlete. I am a hard worker so I'm going to keep working hard. I'll use my pre-race focusing strategies before training to make sure I'm getting the most out of each session. I can have a great race this weekend. I've been keeping up with the fastest racers in my training group all season.

My ABCD's:

<b>Adversity:</b>	
<b>Belief (Thoughts):</b>	
<b>Consequences (Feelings):</b>	
<b>Disputation:</b>	