

Handout 3.2: The ABC Depression Log

A Adversity or Activating Event	B Depression-Causing Beliefs	C Consequences: Feelings	C Consequences: Behavioral Reactions	D Disputing Belief	E Effects of Disputing the Belief
<p>Example: Boyfriend cheated on me</p>	<p>I am nothing with- out him. He ruined my life. He was the only one for me.</p>	<p>Devastated Depressed Angry Rejected</p>	<p>Withdrawn Hostile Overeating and drinking Short fuse with family and friends</p>	<p>He does not make me worthy; I am worthy no matter what. He has no power to ruin my life.</p>	<p>I am sad he was not trustworthy, and will be more careful to look at red flags when I am in another relationship.</p>