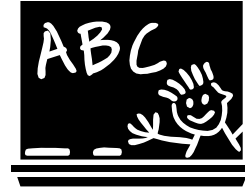


ABC* WORKSHEET FOR KIDS

- A:** Stands for Problems
- B:** Stands for Thinking and Feeling
- C:** Stands for Actions and Consequences



Write down a problem you have, then how you think or feel about yourself when you have that problem. When you have certain feelings and thoughts, (beliefs) you act on them. The actions are consequences of your beliefs. You can change how you think and feel, and that can change how you act. You can learn to change how you handle problems!

Problem: _____

**Thinking/
Feeling:** _____

Action: _____

Problem: _____

**Thinking/
Feeling:** _____

Action: _____

Problem: _____

Thinking/