ABCDE* WORKSHEET FOR KIDS

A: Stands for Problems ★
★B: Stands for Thinking and Feeling ★
☆C: Stands for Actions and Consequences
☆D: Stands for Looking For Other Reasons ☆
E: Stands for Energy and Good Things That Happen

Problem: Your best friend doesn't invite you to his or her birthday party.
You think/feel: "I guess he doesn't like me anymore."
Action: "I don't want to invite her to my house or my party."
Other Reasons: "Maybe he forgot to tell me; or maybe the invitation was lost in the mail. I'm going to ask him why I wasn't invited."
Energy: I can ask and find out what is going on. If I still like my friend, I can decide to invite her to my house. I feel better when I make the choice."
Problem:
Thinking/
Feeling:
Actions:
Reasons:
Energy:

Thinking/

Problem: