

## Finding the ABCs

 [smartrecovery.org/smart-recovery-toolbox/finding-the-abcs](http://smartrecovery.org/smart-recovery-toolbox/finding-the-abcs)

This exercise is designed to help you \_\_\_\_\_  
get used to distinguish the various  
parts of your “emotional episodes” in the ABCs.

To the right of each of the following statements, write down which  
parts represent the *A*'s, which parts are the *B*'s, and which parts  
are the *C*'s. Complete each item. There are no completely “right”  
answers; simply try to do your best.



**I feel so angry. I should not be treated like this — arrested just  
for having a few drinks.**

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

**I can't stand being rejected by her; without her love I'm nothing. I took the overdose  
because it seemed so hopeless.**

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

**Being fired is so depressing. I'll never get another job. This proves how useless I really  
am.**

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

