

ABCDE Thought Diary for Specific Phobias



A structured way to slow down a frightening moment and look at it with curiosity rather than criticism.

A - Activating situation

What happened? Where were you, who was present, and what did you notice first? Keep this factual.

B - Beliefs and predictions

What did your mind say would happen? Include images, memories, rules and worst-case predictions.

C - Consequences

Name emotions (0-100), body sensations and what you did next: escaped, froze, checked, avoided or sought reassurance.

D - Dispute with compassion

What supports the fear? What does not? What would you say to someone you care about? Is there a more balanced possibility?

E - Effective new response

Write one believable thought and one small action: "Fear is present, and I can take one safe, supported step."

A quiet space to reflect

Situation / trigger:

Automatic prediction:

Emotion and intensity (0-100):

Balanced response:

One small next step:

Use this resource at your own pace. Exposure work should never involve genuine danger or ignore medical, sensory or accessibility needs. Seek qualified support if fear is significantly restricting daily life.