

ABCDE Thought Diary for Phobias

UNDERSTANDING THE PATTERN

The ABCDE structure helps separate what happened from the meaning fear attached to it, then builds a balanced response.

A - Activating event

Describe the trigger factually: where, when, who, and what you noticed.

B - Beliefs

Write the automatic prediction, image, rule or meaning attached to the event.

C - Consequences

Record emotions, body sensations and what you did: escape, avoid, freeze, check or seek reassurance.

D and E - Dispute and effective response

Review evidence with compassion, then choose one believable thought and one manageable action.

Notice your own pattern

A - What happened:

B - What I believed:

C - Feeling / action:

D - A balanced question:

E - New response:

How to use this page

Read it once without pressure. Complete only the prompt that feels most useful today. Look for a link between the situation, what your mind or body expected, what you did next and what support could make a different response possible.

My next supported step

Use this resource at your own pace. Seek qualified or medical support where withdrawal, physical symptoms, significant risk or severe restriction of daily life may be present.