Think Clearly with ABCD Method

November 11, 2026
Explore the ABCD framework for examining anxious thoughts at work.

What this guide covers

- Separate situations from interpretations.
- Consider evidence and alternative explanations.
- Practice a more balanced response.

Who this is for

For readers exploring this topic.

Putting the ideas to use

Choose a relevant exercise and adapt it to your circumstances.

Book details

Format: Guide. Pages: 15. Words: 911.

Download availability: After payment, download the complete ZIP package or the included PDF separately.