Stuck Point Log and ABC Worksheet

Part 1. Stuck Point Log

A stuck point is a thought that keeps me from recovering from what happened. Stuck points are often short, often extreme and often in if-then form. Write each one here when I notice it, in a few words.

Date	Stuck point

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Part 2. ABC Worksheet

Use one sheet for each event. Start with something that happened today, and write what I told myself and what I felt.

A. Something happens	B. I tell myself something	C. I feel something
What happened, as a camera would record it.	*The thought that went through my mind.*	*The feelings, with how strong each was from 0 to 100, and what I did.*

Does the thought in B fit the facts, and does it help me?

What else could I tell myself the next time this happens?

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Clinician guide: using the Stuck Point Log and ABC Worksheet

- **When it fits.** Cognitive processing therapy (CPT) is a trauma-focused therapy for posttraumatic stress disorder (PTSD) that usually runs about 12 sessions, and both forms are used from the early sessions on (Resick et al., 2024).
- **Start the log early.** Listen for stuck points in what the client says about the cause of the trauma and about the self, other people and the world, and add them to the log as they come up (Resick et al., 2024).
- **Help the client word each stuck point as a thought.** A stuck point is a short thought, often extreme and often in if-then form. When the client gives a feeling, a fact or a question, ask for the thought behind it.
- **Fill in the first ABC Worksheet together.** Choose an everyday event for the first sheet, name the feelings with the client and then ask for one sheet a day between sessions (Resick et al., 2024).
- **Review the sheets in session.** Look at whether the feeling in C follows from the thought in B, and choose the stuck points to work on next. Keep the details non-graphic, ask about thoughts of suicide as part of your usual assessment, and follow your setting's crisis protocol whenever a situation involves risk.

An original design based on the description of the Stuck Point Log and the A-B-C Worksheet in Resick, Monson and Chard (2024). The layout and wording are original.

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Completed example: Maya (a fictional client)

Maya, 31, is in cognitive processing therapy for PTSD after a highway crash two years ago in which her friend was injured. She kept this log from her first session and filled in this ABC Worksheet after her fourth, on November 20, 2026, with her therapist, R.L. Maya, her therapist and every detail of the case are invented.

Part 1. Stuck Point Log

Date	Stuck point
Nov. 3	It was my fault because I was driving.
Nov. 3	I should have seen the truck sooner.
Nov. 10	If I relax, something bad will happen.
Nov. 10	I can't trust myself to keep people safe.
Nov. 17	No one is safe on the road.

Part 2. ABC Worksheet

A. Something happens	B. I tell myself something	C. I feel something
My sister asked me to drive her to the airport on Saturday.	"If I drive, I'll get someone hurt again."	Fear 85, guilt 60. I said no and felt ashamed all evening.

Does the thought in B fit the facts, and does it help me?

I have driven for two years without a crash, and the police report says the truck ran the red light. The thought keeps me from helping my sister.

What else could I tell myself the next time this happens?

I drive carefully. The crash happened because the truck ran a red light.

R.L. reviewed the sheet with Maya at her next session. They noticed that the fear in C followed from the thought in B, and they chose "It was my fault because I was driving" as the first stuck point to work on, since it came up in most of her sheets.

References and further reading

Books for clinicians

Resick, P. A., Monson, C. M., & Chard, K. M. (2024). *Cognitive processing therapy for PTSD: A comprehensive therapist manual* (2nd ed.). Guilford Press. ISBN 978-1-4625-5427-0.

Research

Asmundson, G. J. G., Thorisdottir, A. S., Roden-Foreman, J. W., Baird, S. O., Witcraft, S. M., Stein, A. T., Smits, J. A. J., & Powers, M. B. (2019). A meta-analytic review of cognitive processing therapy for adults with posttraumatic stress disorder. *Cognitive Behaviour Therapy, 48*(1), 1–14.

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