

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person * <u>CIVGIN DON</u> (Last) (First) (Middle) <u>C/O THE ALLSTATE CORPORATION</u> <u>2775 SANDERS ROAD</u> (Street) <u>NORTHBROOK IL 60062</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>ALLSTATE CORP [ALL]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) <u>Pres Service Businesses - AIC</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>08/02/2019</u>	
		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	08/02/2019		M		21,930	A	\$45.61	167,175	D	
Common Stock	08/02/2019		M		84,337	A	\$52.18	251,512	D	
Common Stock	08/02/2019		M		76,376	A	\$70.71	327,888	D	
Common Stock	08/02/2019		M		78,753	A	\$62.32	406,641	D	
Common Stock	08/02/2019		S		97,625	D	\$104.08 ⁽¹⁾	309,016	D	
Common Stock	08/02/2019		S		163,771	D	\$104.53 ⁽²⁾	145,245	D	
Common Stock								2,027 ⁽³⁾	I	By 401(k) Plan

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Employee Stock Option (Right to Buy)	\$45.61	08/02/2019		M		21,930		02/12/2017	02/12/2023	Common Stock	21,930	\$0	0	D	
Employee Stock Option (Right to Buy)	\$52.18	08/02/2019		M		84,337		02/18/2017	02/18/2024	Common Stock	84,337	\$0	0	D	
Employee Stock Option (Right to Buy)	\$70.71	08/02/2019		M		76,376		02/18/2018	02/18/2025	Common Stock	76,376	\$0	0	D	
Employee Stock Option (Right to Buy)	\$62.32	08/02/2019		M		78,753		02/11/2019	02/11/2026	Common Stock	78,753	\$0	0	D	

Explanation of Responses:

1. Reflects weighted average sale price for open-market sales transaction reported herein. Actual sales prices ranged from \$103.35 to \$104.33. The reporting person provided to the issuer, and will provide any security holder of The Allstate Corporation or member of the SEC staff, full information regarding the number of shares sold at each separate price upon request.
2. Reflects weighted average sale price for open-market sales transaction reported herein. Actual sales prices ranged from \$104.34 to \$104.90. The reporting person provided to the issuer, and will provide any security holder of The Allstate Corporation or member of the SEC staff, full information regarding the number of shares sold at each separate price upon request.
3. Reflects acquisition of 18 shares of The Allstate Corporation common stock since February 8, 2019, under the Allstate 401(k) Savings Plan, pursuant to the most recent plan statement, dated August 2, 2019.

/s/ Efe Vainikos, attorney-in- 08/06/2019
fact for Mr. Civgin

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.