

Manage Your Thoughts with ABC

A: The trigger. A trigger is an event that causes the negative thoughts to happen. Describe the trigger.

B: Beliefs or thoughts.

- Write the thoughts or beliefs you had about the event.
- On a scale from 0 to 100, rate how true that belief seemed. 0 means not true at all. 100 means very true.

C: Consequences. Write how:

- You felt when the event happened.
- You acted when the event happened.
- Other people reacted.
