

**THE ABC OF PROBLEMS**

**Use a specific recent example of a problem**

**A – Note the Activating Event or `Trigger`**

**B – Beliefs or Thoughts - List any automatic thoughts/images**

**C – Consequences – list the consequences**  
**Emotion/s experienced e.g. anxiety, depression, anger, fear etc.**

**Physiological impact e.g. breathing, heart rate, muscle tension etc.**

**How you behaved e.g. avoidance or compulsive types of behaviour**

**Any additional thoughts/images that arose**