

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