

# ABC belief monitoring sheet

## **A** *ntecedent/trigger*

- What was the situation?

## **B** *elief/thought*

- What thoughts or beliefs did you have about the situation?
- How true did that belief seem where 0% is not true at all and 100% is absolutely true?

## **C** *onsequences*

- How did you feel when the situation happened?
- How did you act?
- How did others react?