

ABC Thought Record



Watch your **thoughts** for they become **feelings**.

Watch your **feelings** for they become **actions**.

Watch your **actions**, for they become **habits**.

-Anon

Antecedent/Trigger

- Describe the situation that brought the negative thought.

Belief/Thought

- What thoughts and beliefs did you have about the situation that occurred?

Consequences

- How did you feel when the situation occurred?
- How did you act?
- How did others respond?