

ABC Form

Use this template to identify the relationship between activating situations or triggers, beliefs about the situation and the emotional, physiological and behavioural consequences.

<p>Activating Situation</p> <p>What Triggered the Problem?</p>	<p>Beliefs About the Situation</p> <p>Automatic Thoughts, Assumptions, Beliefs</p>	<p>Consequences</p> <p>Cognitive Behavioural Emotional Physiological</p>