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A	B	C
Activating / Triggering Event Situation (Trigger may also be a feeling) • What was happening just before I started to feel this way? • What was I doing? Who was I with? Where was I? When was it?	Beliefs • Thoughts and/or images What was going through my mind at that time? • Meanings & interpretations What did this say or mean about me? What was the worst thing that could happen?	Consequences • Emotions Describe as in one word's & rate intensity 0-100%. • Physical sensations What did I feel in my body? • Behaviours: actions & urges What did I do? What did I feel like doing?

The ABC Analysis

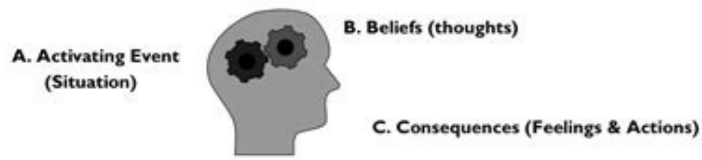
We've talked about the way our thoughts affect how we feel. If we are feeling happy and excited, chances are, we have been thinking positive thoughts and about positive things. On the other hand, if we are feeling anxious, depressed, and upset, it is likely that we have been thinking negative thoughts. We call these **unhelpful thoughts** (simply because they lead to unpleasant feelings or unhelpful actions). All of us, at times, think things that make us feel sad or anxious, and that is a normal part of life. However, if you often feel distressed or anxious, you might need to examine your thinking to improve how you feel.

If unhelpful thoughts lead to distressing emotions, then it might be quite reasonable to say that the most effective thing to do is to change those unhelpful thoughts to helpful ones! So, how can you do that? To start influencing the way you feel, you need to learn to be aware of, and "capture," those unhelpful thoughts and beliefs, with the ultimate aim of changing them. To do that, let's start with doing an ABC analysis.

The ABC analysis begins with identifying the 'A' which stands for 'Activating Event'. Simply write down an event or a situation in which you experienced a strong negative emotion, such as, depression. Record the situation the same way a video camera might record it – just the facts. This means that you do not include your thoughts about why the situation occurred, who was responsible, and how you felt about it. Just describe the event simply, without any 'frills'.

The next step is to identify the 'C' which stands for 'Consequences,' and this includes both your feelings and your actions/behaviour. Write down the words that best describe your feelings. Choose the feeling that best represents the emotion you actually felt at the time and underline it. Then rate the intensity of this emotion from 0 to 100. The higher the number, the more intense the emotion. You might also want to note any actions that you carried out, for example, drawing all the curtains, putting on the answering machine, and going to bed.

Now, bearing in mind the situation and the feelings you experienced, identify the 'B,' which represents your 'Beliefs' or thoughts, expectations, perceptions, and attitudes. Ask yourself "What was I thinking of when the event occurred?" "What was going through my mind at the time?" Write down all of these thoughts in a list. When you have completed this task, read through each statement and then underline the thought that is most associated with the primary emotion you felt during the 'A'. We'll now call it your hot thought. Now rate how much you believe this thought on a scale from 0 to 100.

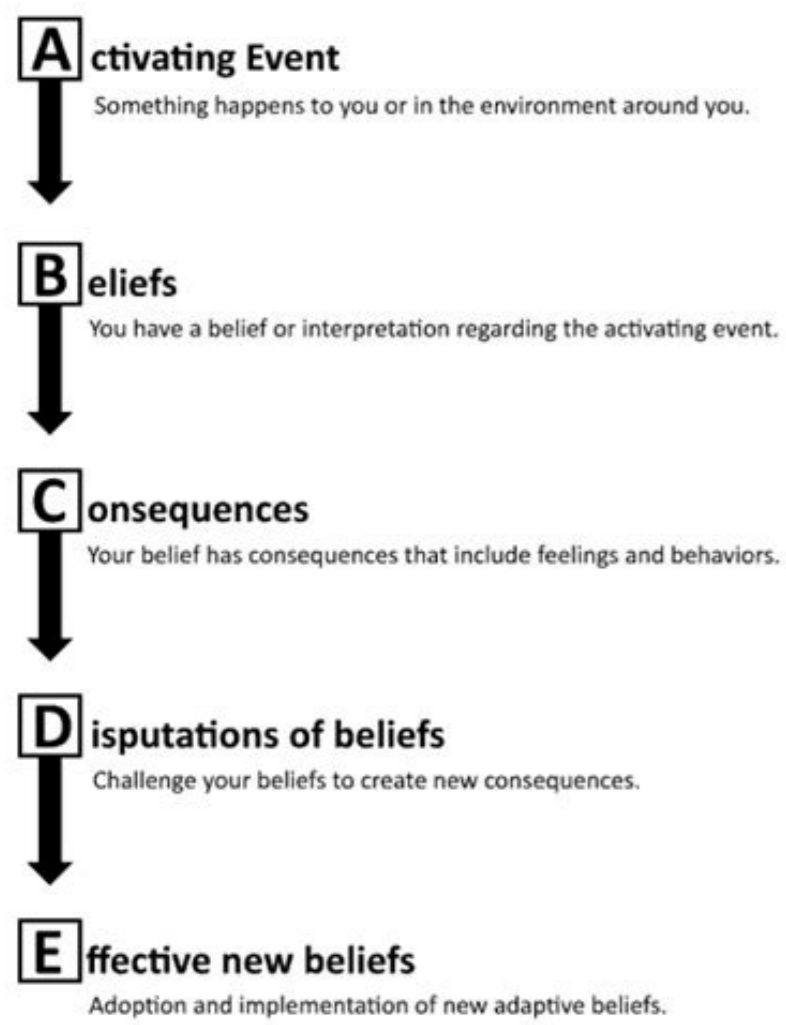


ABC Model of CBT Worksheet

Write the antecedent, belief, and consequences you are experiencing. The example has been given to help you.

A=Antecedent	B =Belief	C=Consequences
(events) An important job interview is near	(thoughts) I'm going to fail it, I'm not competent enough They will make fun of me	(Emotional and behavioral) Disturb, unable to sleep state of worries Not able to prepare for an interview

ABC Model



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