

ABC belief monitoring sheet

The diagram consists of three rounded rectangular boxes arranged horizontally. The first box on the left is labeled 'Antecedent / trigger' and contains the question 'What was the situation?'. The middle box is labeled 'Belief / thought' and contains two questions: 'What thoughts or beliefs did you have about the situation?' and 'How true did that belief seem where 0% is not true at all and 100% is absolutely true?'. The third box on the right is labeled 'Consequences' and contains three questions: 'How did you feel when the situation happened?', 'How did you act?', and 'How did others react?'. A curved arrow points from the top of the first box to the top of the second box, and another curved arrow points from the top of the second box to the top of the third box. Below the boxes, a line connects the bottom of the first box to the bottom of the second box, and another line connects the bottom of the second box to the bottom of the third box.

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?