

ABC belief monitoring sheet

<p>A <i>ntecedent / trigger</i></p> <ul style="list-style-type: none">• What was the situation?	<p>B <i>elief / thought</i></p> <ul style="list-style-type: none">• 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?	<p>C <i>onsequences</i></p> <ul style="list-style-type: none">• How did you feel when the situation happened?• How did you act?• How did others react?
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