



# ABC's of your beliefs:

Antecedent, Belief, Consequences

This worksheet can support reflection and recording of your thoughts and beliefs.

1 What was the situation that started the thought/ feelings or emotion?

2 Whats thoughts or beliefs did you have about the situation?

3 How true did that belief feel? 0% not true and 100% true?

4 How did you feel when this was happening?

5 What did you do?

6 How did others react?

