

ABC Tool

The ABC Tool helps you understand how your thoughts, feelings and behaviours are all connected, and how you can make small changes that can have a big impact.

Activating event:

What triggered your urge or emotional upset?

Belief about event - irrational:

What I believe about **A**. Reflect on the irrational demand - what was I thinking?

Consequence of my irrational belief:

How does **B** - my irrational belief make me feel?

Dispute my irrational belief:

A more helpful belief about **A** that replaces the irrational belief.

Effective change in my thinking:

How I feel and act as a result of **D** - my new rational belief about **A**.