



ABC Thought Record

A Activating event/Situation (where you were, what you and any others were doing)	B Beliefs/Thoughts (what was going through your mind at the time)	C Consequences (what you did and how you felt)
Example 1: Lying in bed at night and hear a noise outside.	Unhelpful thoughts: Oh no, it's a burglar, they are going to break-in and hurt me.	Unhelpful consequences: Anxiety/panic attack, lie awake on full-alert listening for more noises, can't go back to sleep.
	Helpful thoughts: Oh, it's probably the neighbour's cat.	Helpful consequences: Roll over and go back to sleep.
Example 2: Walking home one afternoon, wave at someone you know who is on the other side of the road, they don't wave back.	Unhelpful thoughts: They aren't speaking to me, I've done something wrong, they don't like me, I must be a horrible person...	Negative feelings and distress, can't concentrate on what you had planned to do.
	Helpful thoughts: Oh, they probably didn't see me or they were too deep in thought to notice what's going on around them.	Feel fine, get on with the activities you had planned to do.

Theory: It is not the situation (A) but your interpretation of the situation (B) that causes the consequences (C). Unhelpful thoughts lead to unhelpful consequences.

Keep a record of thoughts when you are feeling particularly stressed/distressed and try to generate some alternative/helpful thoughts. Don't worry if you can't think of any helpful thoughts, we can review in our next session and discuss more helpful ways of looking at each situation.

Please complete a few examples and send by email a couple of hours before your next session: Lou at info@louhillier.co.uk



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	Unhelpful thoughts:	Unhelpful consequences:
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