

SMART Tool: The ABC Problem Solving Worksheet

<p>Activating Event</p> <p>What was the activating event or trigger? What happened? The single most distressing thing about the situation</p>	
<p>Beliefs</p> <p>What was I thinking? What was I telling myself about A? Find the irrational demand, the MUST</p>	
<p>Consequences</p> <p>How did I end up feeling or behaving as a result of B? Identify the unhealthy negative emotion and harmful behaviour?</p>	
<p>Dispute</p> <p>Turn B into a question. Does it make sense? Is it helpful to me if I act upon it? Then answer the question.</p>	
<p>Effective New Belief</p> <p>Find alternative, rational belief about A Is there a more balanced way of thinking about it?</p>	

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