

SMART Tool: The ABC Problem Solving Worksheet

Activating Event

What was the activating event or trigger?
What happened?
The single most distressing thing about the situation

Beliefs

What was I thinking?
What was I telling myself about 'A'?
Find the irrational demand, the MUST

Consequences

How did I end up feeling or behaving as a result of 'B'?
Identify the unhealthy negative emotion and harmful behaviour?

Dispute

Turn 'B' into a question.
Does it make sense? Is it helpful to me if I act upon it?
Then answer the question.

Effective New Belief

Find alternative, rational belief about 'A'
Is there a more balanced way of thinking about it?

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