

# A-B-C Thought Record Form

<b>A</b>	<b>B</b>	<b>C</b>
<b>Antecedent Condition</b>	<b>Beliefs that transform A into C</b>	<b>Consequent Emotion</b>
<i>Do this column second</i>	<i>Do this column third to figure out how A turned into C</i>	<i>Do this column first</i>
<p>Describe the situation and events that triggered the emotional state[s] listed in col C.</p>	<p><i>Use this column to study how that antecedent condition evoked your particular reaction. To begin, ask yourself these questions:</i></p> <ol style="list-style-type: none"> <li><i>1. What thoughts and images went through my mind at the time?</i></li> <li><i>2. What does this event say about me?</i></li> <li><i>3. What does this event say about the other person?</i></li> <li><i>4. What does this event mean about me, my future? My life?</i></li> </ol>	<p>What is the name of the emotional state you experienced? Rate its intensity on a scale of 1 – 100. [You may include more than one emotion].</p>