

A-B-C Thought Record Form

A	B	C
Antecedent Condition	Interpretations and appraisals that transform A into C	Consequent Emotion
<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"> <i>1. What thoughts and images went through my mind at the time?</i> <i>2. What does this event say about me?</i> <i>3. What does this event mean about the other person?</i> <i>4. What does this event mean about my future? My life?</i> 	<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>