

A-B-C Thought Record Form

A	B	C
Antecedent Condition	Beliefs that transform A into C - List of Candidates	Consequent Emotion
	<p>We are looking for the Belief that turned the Antecedent event into the Consequent emotion. Use the top section to record your answers to the following questions:</p> <ol style="list-style-type: none"> 1. What thoughts and images that went through your mind? 2. What does the antecedent event say about me? 3. What does the antecedent event say about the other person 4. What does it mean about my future? 	
	Core Belief at the heart of your recursive trap	
Objectively describe the events that triggered the consequent emotional state.	What is your hypothesis about the core belief that maintains this trap? What is the belief that turns the antecedent condition into the consequent emotion?	What is the name of the emotion you experienced? Rate its intensity on a scale of 1 – 100.