

ABC Model

Name: _____

Situation

Think of a time when you felt a sudden change in emotion. What were you doing? Who were you with? Where were you? When did this happen?

Antecedents

What was happening right before you noticed a change in how you were feeling or acting?

Behaviors

How did you react? Our behaviors can be observable to other people or they can be things you do or say to ourselves

Consequences

What were the intended and unintended results of the way you responded? Write down each.

Reflections

What do you notice now about your behaviors? Did any of your actions result in good feelings like pleasure or a sense of relief (at least in the short-term)?