



SMART tool: The ABC problem solving worksheet

## A CTIVATING EVENT

What was the activating event or trigger?  
What happened? What was I thinking?  
What did I see?  
What set me off?

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## B ELIEFS

What was going through my mind at the time?  
What was I thinking?

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## C ONSEQUENCES

How did I end up feeling or behaving?  
What was the outcome/result?

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## D ISPUTE

Looking back, were my thoughts  
helpful or unhelpful?

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## E FFECTIVE NEW BELIEF

Is there a more balanced way  
of thinking about it?

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