



SMART tool: The ABC problem solving worksheet

ACTIVATING 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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BELIEFS

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

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CONSEQUENCES

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

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DISPUTE

Looking back, were my thoughts
helpful or unhelpful?

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EFFECTIVE NEW BELIEF

Is there a more balanced way
of thinking about it?

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