Theory: It is not the situation (A) but your interpretation of the situation (B) that causes the consequences (C). Unhelpful thoughts lead to unhelpful feelings, which in turn lead to unhelpful behaviours and unhelpful consequences.

Keep a record of thoughts when you are feeling particularly stressed/distressed and try to generate some alternative/helpful thoughts. You don’t have to ‘believe’ the alternative more helpful ways of interpreting the situation, it is sufficient at first just to generate them. If you can’t think of any helpful thoughts, we can review in our next session and discuss more helpful ways of interpreting each situation.

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| A Activating event/Situation (where you were, what you and any others were doing) | B **Beliefs/Thoughts**  (what was going through your mind at the time) | C **Consequences**  (what you did and how you felt) |
| Example 1:  Date:  Lying in bed at night and hear a loud noise outside. | Unhelpful thoughts:  Oh no, it’s a burglar, they are going to break-in and hurt me. | Unhelpful consequences:  Anxiety/panic attack, lie awake on full-alert listening for more noises, can’t go back to sleep. |
|  | Helpful thoughts:  Oh, it’s probably the neighbour’s cat. | Helpful consequences:  Roll over and go back to sleep. |
| Example 2:  Date:  Walking home one afternoon, wave at someone you know who is on the other side of the road, they don’t wave back. | Unhelpful thoughts:  They aren’t speaking to me, I’ve done something wrong, they don’t like me, I must be a horrible person... | Negative feelings and distress, can’t concentrate on what you had planned to do. |
| Helpful thoughts:  Oh, they probably didn’t see me or they were too deep in thought to notice what’s going on around them. | Feel fine, get on with the activities you had planned to do. |

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| A Activating event/Situation (where you were, what you and any others were doing) | B **Beliefs/Thoughts**  (what was going through your mind at the time) | C **Consequences**  (what you did and how you felt) |
| Date: | Unhelpful thoughts: | Unhelpful consequences: |
|  | Helpful thoughts: | Helpful consequences: |
| Date: |  |  |
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