

ABC Model

Antecedent, Behaviour, Consequences

The ABC method is used to help identify thoughts or beliefs occurring in a particular situation and to identify the consequences of holding those beliefs.

Antecedent, what happens before you do it

How did you feel before you did it?

What's happening before you do it?

Where are you when this usually before you do it?

Are you thinking about anything before you do it?

Has something usually happened?

Can you identify a pattern or situation before it happens?

Behaviour, what do you do

What are you doing?

What are the steps you're taking, in detail from the thought or feeling to the consequence.

Consequences, How do you feel after

How do you feel physically after?

How do you feel emotionally after?

What do you normally do after?

What is the usual point you stop at?

WHY do you stop at that point?

Are you aware of the long term consequences of continuing this behaviour pattern?

ABC Model

Antecedent, Behaviour, Consequences

**Antecedent, what happens before
you do it**

Behaviour, what do you do

**Consequences, How do you feel
after**