

## The ABC Form

The ABC Model is a tool that will help you examine behaviors you want to change, the triggers behind those behaviors, and the impact of those behaviors on negative or maladaptive patterns.

"A" refers to the antecedent, or the event or activity that immediately precedes a problem behavior. The "B" refers to observed behavior, and "C" refers to the consequence, or the event that immediately follows a response.

<u><b>A</b></u> ntecedent	<u><b>B</b></u> ehavior	<u><b>C</b></u> onsequence (What are the positives/negatives)
	<b>Unhelpful Behavior</b> (what I want to change)	
	<b>Helpful Behavior</b>	

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