

# ABC MONITORING FORM

## A ACTIVATING EVENT

--

- Shortly present the distressing situation (A) (e.g., what would record a video camera?)

## C CONSEQUENCES

Unhealthy Negative Emotions
Maladaptive Behaviors:

Some of the unhealthy negative emotions can be:

- Fear-Anxiety
- Anger
- Jealousy
- Depression
- Shame
- Guilt, etc.

## B's Negative or Unhelpful Beliefs

--

## D's Disputing / Restructuring the Unhelpful Beliefs

--

## E's Effective/Helpful Beliefs

--

## F's Functional Emotions and Behaviors

New healthier emotions:
New more adaptive behaviors:

## THE CODING SHEET FOR THE ABC

### A ACTIVATING EVENT

A1a. external event		A1b. internal event	
A2a. present event	A2b. past event	A2c. future event	
A3a. work content (colleagues, boss, clients, job loss/change, performance, tasks overload, comfort)		A3b. personal content (partner, children, family, friends, health/wellbeing, traffic/driving comfort).	

### C CONSEQUENCES

C1. Emotions			C2. Behaviors	
C1.1a. Negative functional emotion	C1.1b. Negative dysfunctional emotion	C1.1c. Positive emotion	C2.1a. adaptive behaviors	C2.1b. maladaptive behaviors
C1.2a. Primary emotion	C1.2b. Secondary emotion		C2.2a. externalized behaviors	C2.2b. internalized behaviors
			C2.3a. oriented towards self	C2.3b. oriented toward others

### B BELIEFS DYSFUNCTIONAL

B1. type of cognitive process	DEM	
	AWF	
	LFT	
	GE	Self
		Other
		Life
B2. the content type	Comfort (practical vs. emotional)	
	Affiliation	
	Fairness	
	Achievement	

### D DISPUTE

D1. Empirical
D2. Logical
D3. Pragmatic

### E EFFECTIVE BELIEFS

E1. type of cognitive process	PREF	
	BAD	
	FT	
	UA	Self
		Other
		Life
E2. the content type	Comfort (practical vs. emotional)	
	Affiliation	
	Fairness	
	Achievement	

### F FUNCTIONAL Cs

F1. Emotions	F2. Behaviors
See above C	See above C

NAME & SURNAME OF THE PARTICIPANT:

TOTAL SCORE:

### IN-CLASS ROLE PLAY 15%

ASSESSING C (3PTS)	ASSESSING A (3PTS)	ASSESSING B (3PTS)	DISPUTING (3PTS)	CORE CONDITIONS (3PTS)

NOTES: