



SMART Tool

THE ABC PROBLEM-SOLVING WORKSHEET

A	Activating Event What was the activating event or trigger? What happened? What was I thinking? What did I see? What set me off?	
B	Beliefs What was going through my mind at the time? What was I thinking?	
C	Consequences How did I end up feeling or behaving? What was the outcome/result?	
D	Dispute Looking back, were my thoughts helpful or unhelpful?	
E	Effective new belief Is there a more balanced way of thinking about it?	