**ABC Diary**

|  |  |  |
| --- | --- | --- |
| **Adversity (Situation: What happened, where, when, with who?)** | **Belief (What thoughts were going through your mind?****Are the thoughts (Permanent or temporary, universal or specific, personal or external?** | **Consequence (Behaviour/feeling: How did you feel? What did you do or stop doing? Did you avoid anything?** |
| Received some homework and found out I did badly | I can never do well at maths homework, I have always been bad at homework (Universal), It is all my fault (Personal) | Feeling sad, didn’t want to talk to anybody |

|  |  |  |
| --- | --- | --- |
| **Adversity (Situation: What happened, where, when, with who?)** | **Belief (What thoughts were going through your mind?****Are the thoughts (Permanent or temporary, universal or specific, personal or external?** | **Consequence (Behaviour/feeling: How did you feel? What did you do or stop doing? Did you avoid anything?** |
| Got invited to be on a school sport team | This is down to all my hard work (Personal) | Feel happy |

|  |  |  |
| --- | --- | --- |
| **Adversity (Situation: What happened, where, when, with who?)** | **Belief (What thoughts were going through your mind?****Are the thoughts (Permanent or temporary, universal or specific, personal or external?** | **Consequence (Behaviour/feeling: How did you feel? What did you do or stop doing? Did you avoid anything?** |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| **Adversity (Situation: What happened, where, when, with who?)** | **Belief (What thoughts were going through your mind?****Are the thoughts (Permanent or temporary, universal or specific, personal or external?** | **Consequence (Behaviour/feeling: How did you feel? What did you do or stop doing? Did you avoid anything?** |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| **Adversity (Situation: What happened, where, when, with who?)** | **Belief (What thoughts were going through your mind?****Are the thoughts (Permanent or temporary, universal or specific, personal or external?** | **Consequence (Behaviour/feeling: How did you feel? What did you do or stop doing? Did you avoid anything?** |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| **Adversity (Situation: What happened, where, when, with who?)** | **Belief (What thoughts were going through your mind?****Are the thoughts (Permanent or temporary, universal or specific, personal or external?** | **Consequence (Behaviour/feeling: How did you feel? What did you do or stop doing? Did you avoid anything?** |
|  |  |  |