

Doing the ABC thinking check

Taught as part of the Penn Resilience training, the ABC thinking check is a way of drawing attention to the way we're thinking about challenging events, and the impact this has.⁷ **A** stands for Adversity – whatever it is we're facing. **B** is for **B**elief, the thoughts or beliefs we have about this. **C** is for **C**onsequences, in terms of where this leads in our emotional reaction and behaviour. First, we notice the thoughts we're having, and look where these lead. Then we ask ourselves, 'What other ways are there of thinking about this?' and do the ABC check on these too.

THE ADVERSITY I FACE IS...	BELIEF 1 IS...	CONSEQUENCES OF BELIEF 1 ARE...
	BELIEF 2 IS...	CONSEQUENCES OF BELIEF 2 ARE...
	BELIEF 3 IS...	CONSEQUENCES OF BELIEF 3 ARE...

Fig. 4: The ABC thinking check