

Pivot Behavioral Health

Thought Log

Instructions: This “ABC” form can help you log your thoughts, what activates them, and the consequences of them. **Activating events** are anything that you are responding to, that is, the situation at hand. This can be a lot of different things, for example, a situation at work, a disagreement with a family member, or a task that you are working on. We then have **beliefs** about that event that shape our **emotional**, **physical**, and **behavioral** responses. We call these the **consequences** of our thoughts.

Date: _____

Activating Event (Stressful Situation)	Beliefs (Automatic Thoughts)	Consequences (My Reactions)
		Emotional: Physical: Behavioral:
		Emotional: Physical: Behavioral:
		Emotional: Physical: Behavioral: