





# BREAK IT DOWN, USING THE ABC SYSTEM

<b>A</b> CTIVATORS <i>What triggered me?</i>		<b>B</b> EHAVIOR  <i>What did I do?</i>	<b>C</b> ONSEQUENCES <i>What happened?</i>	
<b>Activators around me</b> <i>What? Where? When?</i>	<b>Activators inside me</b> <i>Thoughts? Feelings?</i>		<i>Positive Consequences</i>	<i>Negative Consequences</i>
				



For **B**ehaviors above that did not work out well for you, fill in the boxes to the right, showing what you can do instead, when faced with similar **A**ctivators. →

<b>B</b> EHAVIOR  <i>What I can do instead-</i>	<b>C</b> ONSEQUENCES <i>What are the likely consequences?</i>	
	<i>Positive Consequences</i>	<i>Negative Consequences</i>
	