## **ABC Sorter**

A: Activating Events	<b>B:</b> Thoughts & Beliefs	C1: Emotions	C2: Behavior
A: Activating Events Capture your observation of the facts	B: Thoughts & Beliefs List what came to mind about these observations: opinions, beliefs, diagnosis, evaluations, assumptions, and other thoughts	C1: Emotions Name what emotional feelings you were experiencing	C2: Behavior Notice the connections between your behavior and your thoughts

