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 typically involves something stressful. 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—which are our interpretations or predictions about the event—that shape our **emotional** reactions, **physical** sensations, and **behavioral** responses. We call these the **consequences** of our thoughts.

Date: _____

Activating Event	**Beliefs**	**Consequences**
		Emotional:
		Physical:
		Behavioral:
		Emotional:
		Physical:
		Behavioral:
		Emotional:
		Physical:
		Behavioral: