

**ABC Situations** 

| A                  | В                 | С                       |
|--------------------|-------------------|-------------------------|
| Aware of something | Thoughts about it | Feelings and what I did |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |
|                    |                   |                         |



Ankita Magdani