


SMART Tool
THE ABCs

A	Activating event (What happened? What was I thinking? What was the situation that triggered my response?)
B	Beliefs (The way I think or what I believe about the situation)
C	Consequences (The way I end up feeling and behaving)

For example:

A	Activating event: Being offered a drink at a party.
B	Belief: 'I can't really cope with socialising if I don't have a drink' or 'This party will be boring if I don't drink'.
C	Consequences: Having one drink leads to another, which leads to another, which leads to getting intoxicated. This results in waking up the next morning feeling depressed and hungover and having another drink in order to feel better.

In this example, it's not simply being offered the drink that leads to having one; it's the thought of being anxious or bored without a drink.

A more helpful belief can lead to a different outcome. For example:

A	Being offered a drink at a party.
B	'I've been going so well, and I know that I can't just have one. I can cope without drinking and can also enjoy myself without drinking.'
C	Politely refusing the drink, having a water instead, going home feeling good about not giving in and acknowledging progress.

By challenging the beliefs that lead to an unwanted behaviour, we can start to reframe beliefs and thoughts to create more balanced thinking, which then leads to more positive consequences.