

ABC for Paranoia

Activating Event	Beliefs about the event	Consequences
<ul style="list-style-type: none"> • When? • Where? • Who with? • What happened? • Who said or did what? • What did you sense? 	<ul style="list-style-type: none"> • What went through your mind at that time? (E.g. "they were talking about me", "they're thinking that I'm stupid", "they want to harm me") • If that was true / false, what would it mean to you? (E.g. "They hate me") • What would be the worst thing about that? (E.g. "I'll die") • How much do you believe this thought? (0 - 100%) 	<ul style="list-style-type: none"> • How do you feel? • What do you feel like doing? • What do you do?

EXAMPLE

Activating Event	Beliefs about the event	Consequences
<p><i>2 men walked past me on the high street, laughing and talking loudly</i></p>	<p><i>They're talking about and laughing at me. They're plotting to get me.</i></p> <p><i>They're bad and dangerous.</i></p> <p><i>They're going to kill me (believe 95%)</i></p>	<p><i>Frightened</i></p> <p><i>Heart pumping fast, shaky, tense</i></p> <p><i>Got away as quick as I could - went home, locked the door.</i></p>