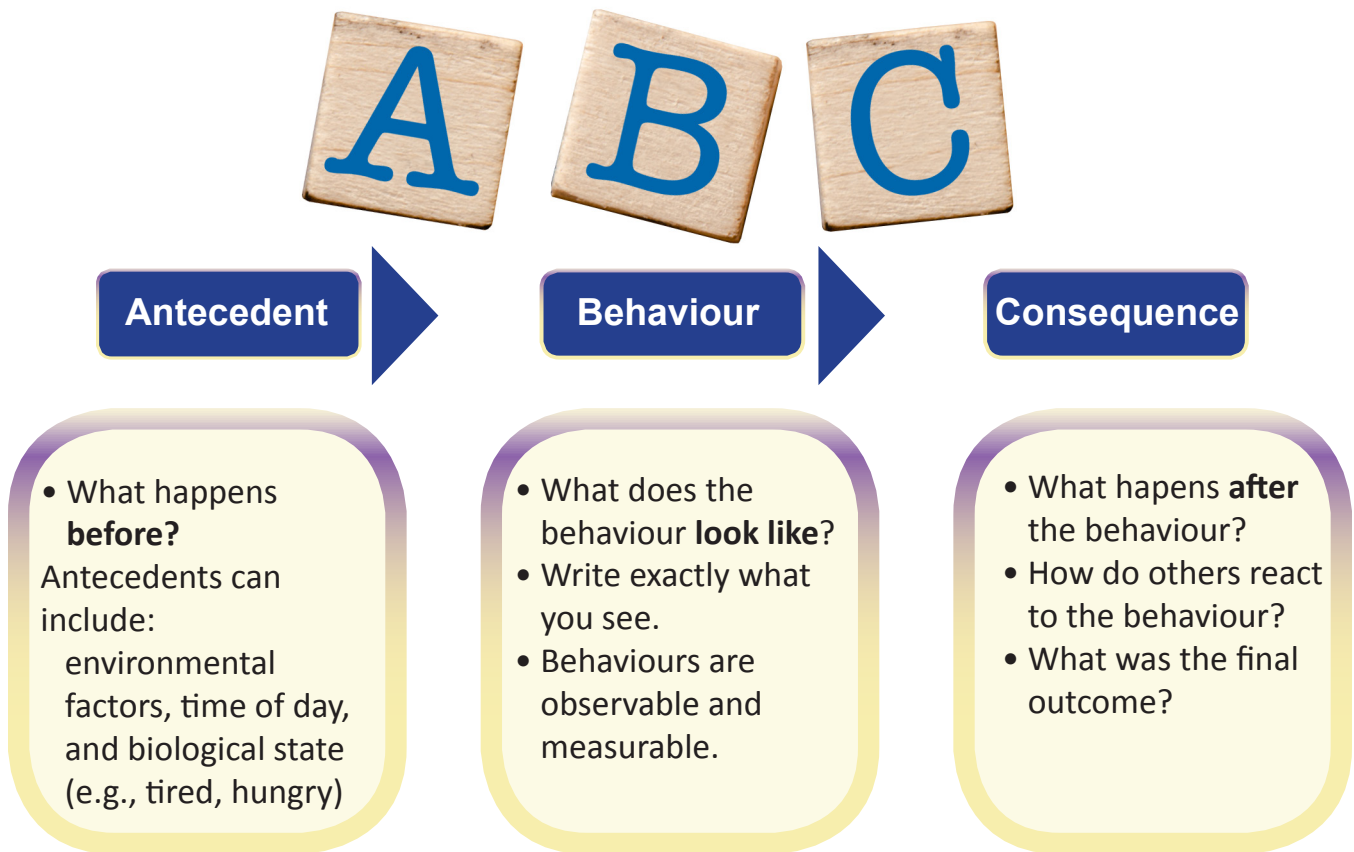


The ABCs of Behaviour

In order to promote behaviour change, it is important to fully understand the behaviour itself. One way to better understand a pattern of behaviour is to track the 'ABCs'. Tracking a behaviour this way can give us insight into how we can change environmental factors, our own behaviour, and consequences in order to promote behaviour change.



When directly observing a behaviour, record the ABCs on a data sheet. See below for an example.

| When and Where | Antecedent | Behaviour | Consequence |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday 7:00am Home | <ul style="list-style-type: none"> • Sally yawned and said, "I am tired" • loud music is playing • parent is busy washing dishes | <ul style="list-style-type: none"> • Sally reaches toward the snack cupboard • Sally screams and cries with tears | <ul style="list-style-type: none"> • parent turns around and says, "oh you want a snack" • parent gets a cookie and gives it to Sally |

Disclaimer: this material is intended for informational purposes only and should not be considered a recommendation nor considered a replacement for assessment or consultation delivered by a trained professional in behaviour analysis. For more information on this topic, please visit the Kerry's Place Autism Services Resource Portal, and review the resources entitled, "Applied Behaviour Analysis" and "Why Do We Do What We Do?".