

The ABC Model

The ABC model serves as a tool for analyzing any type of behavior, exploring the reason behind what triggers the behavior and what follows it. The chart consists of three elements: Antecedent, Behavior, and Consequence. The Antecedent describes the cause of the behavior, which can take the form of a statement, action, or non-verbal cue that occurs immediately before the behavior takes place. The Behavior pertains to the action or response that follows the initial trigger. Lastly, the Consequence refers to the result of the behavior, which can either be positive or negative. Positive consequences are things that the person enjoys or desires, while negative consequences are unwanted or unpleasant. Positive consequences encourage the continuation of the behavior while negative consequences usually discourage it.

By understanding these components, we can identify patterns in behavior and work to modify or improve them.

Caregivers can use the ABC chart below to help identify patterns in behaviors.

Circle the Antecedent, Behavior, and Consequence for each behavioral observation. If one is not listed, add it in the “other” box and explain.



ABC Chart

- A-Antecedent
- B-Behavior
- C- Consequence

Antecedent- What happened immediately BEFORE the behavior occurred?			
Child told or asked to do something	Teacher walked away from child	Object/toy removed	Object/toy out of reach
Object/ activity denied	Activity changed or ended	Not a preferred activity	Challenging task
Moved from one location to another	Provoked by a peer	Told "no", "don't", or "stop"	Attention given to others
Other (specify)			

Behavior- What was the challenging behavior?			
Hit a teacher/ peer	Kicked a teacher/ peer	Bit a teacher/ peer	Ran away from group
Ran out of classroom	Destroyed materials	Screaming/ Crying	Threw object
Other (specify)			

Consequence- What happened immediately AFTER the behavior occurred?			
Given attention	Given access to denied object/ activity	Removed from activity or area	Ignored
Moved to a "safe space" to cool down	Was not required to complete the task	Redirected	Given assistance
Other (specify)			

