



A-B-C Behavior Sheet

The A-B-C behavior sheet is a way to keep track of problem behaviors. In order to help a person control or change behavior, it is important to know what events **lead up (A = Antecedent)** to the **behavior (B = Behavior)** and what happens as a **result (C = Consequence)** of the behavior.

Sometimes the consequences of a behavior are rewarding and make it more likely that behavior will be repeated. For example, if a person gets a lot of attention when he yells, he may yell every time he wants some attention.

By changing A or C, we can help change B. For example, we can pay attention to good behavior but decrease attention for yelling out. This changes the consequence (C). Or, we could decrease a noisy environment that might be the "trigger" for the yelling. This is an example of changing the antecedent (A).

This worksheet may be used when problem behaviors occur. Use it as a tool to keep track of behaviors, and as a record to discuss with your therapist or doctor. It will be helpful to print the sheet and write out your responses.

1. A = Antecedent

Write down what was happening right before the behavior occurred (e.g., was it noisy?).

2. B = Behavior

What was the exact behavior? (e.g., was there cursing or violence?)

3. C = Consequences

What happened as a result of the behavior? (e.g., was someone injured?) Were your attempts to intervene in the situation successful or unsuccessful?
