



Date	Time	Antecedent (What happened immediately before behavior)	Behavior or Emotions	Consequence (What happened immediately after behavior)	Location and Comments

### Looking at ABC's

**Antecedents-** an antecedent is an event that sets the occasion for a behavior or what happens right before a behavior occurs. Antecedents can be factors in a individual's external environment such as an instruction by a teacher or a comment from another peer. An individual's internal states can also serve as antecedents, like pain from headaches or feeling hungry.

**Behaviors-** a behavior is anything that someone does. Although there can be internal behaviors, most behavioral interventions focus on external behaviors that are observable and measurable.

**Consequence-** A consequence is anything that immediately follows as a result of a behavior. Consequences can increase the likelihood of a behavior happening again, decrease the likelihood of a behavior happening again, or have no effect on the occurrence of a behavior of the future.