

ABC Chart

When & where date/time	ANTECEDENT/TRIGGER (WHAT HAPPENED JUST BEFORE THE BEHAVIOUR) e.g. who was there, what was said, asked?	BEHAVIOUR (DESCRIPTION OF WHAT HAPPENED) e.g. what did s/he do and say?	CONSEQUENCE (WHAT HAPPENED AFTER) e.g. what did you do, how did s/he respond?)	Describe your feelings