ABC Data Collection

Purpose: ABC stands for **antecedent, behavior,** and **consequence.** ABC data collection helps us identify potential causes and effects of behaviors. By knowing what happened before and after a behavior, we can better understand what triggers the behavior and identify what the behavior accomplishes. This in turn helps us recognize whether to promote alternative consequences or not!

Antecedent: This is the term for what happens right before a behavior occurs. This can be an environmental change, presentation of a demand ("Time to clean up"), or the actions of those around them

Behavior: This is the behavior you are specifically trying to identify and track. For example, if your child has the tendency to scream, you may track it in an effort to identify the antecedent and consequence of that behavior.

Consequence: The term for what happens following or in response to a behavior. For some parents, their child screaming may result in them trying to remove or change a demand they placed ("here I will help with your homework").

Date	Antecedent	Behavior	Consequence

ABC Data Collection Sheet

Date	Antecedent	Behavior	Consequence