

## YOUR EASY-TO-USE ABC FORM

Child's name:

Your name:

Date:

**A Antecedent: What triggered the behaviour? (please circle)**

They did not get what they wanted      They were told "no" or told off      They were given a consequence

Transition/change      They were seeking attention      Sensory overload

Feeling socially overwhelmed      Wanting to escape (avoidance)      Perfectionist traits

Other: \_\_\_\_\_

Provide a description of what happened:

**B Behaviour: Description of behaviour (e.g. kicking, throwing, screaming, crying, swearing, biting, destruction, self-injurious behaviour):**

**Specify length of time behaviour went on for (please circle):**

A manageable amount of time/too long/I need a \_\_\_\_\_ (you fill in here whatever your vice is, for example a glass of wine).

Specifics (hours/mins):

**C Consequence: How did you react? What did you do?**

## YOUR CONSISTENT AND PRACTICAL SCATTERPLOT

Your child's name:

Your name:

Tracked behaviour (clearly defined):

*Mark with an "x" when the behaviour is seen in that hour period (there may be multiple x's in one box).*

Date/ day	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm

Have you found a pattern?