

ABC chart

This ABC chart can be used to record behavioural concerns. **'A'** stands for antecedents, that is, what occurs immediately before the behavioural outburst and can include any triggers, signs of distress or environmental information. **'B'** refers to the behaviour itself and is a description of what actually happened during the outburst or what the behaviour 'looked' like. **'C'** refers to the consequences of the behaviour, or what happened immediately after the behaviour and can include information regarding other people's responses to the behaviour and the eventual outcome for the individual. It can also be a good idea to keep track of where and when the behaviour occurred to assist in identifying any patterns.

Date and time	Antecedents	Behaviour	Consequences	Other comments