

Behaviour Recording Chart (ABC)

An individual behaves in order to communicate how they are feeling, what they want, what they need, but sometimes it can be very difficult to work out why the behaviour is occurring. Sometimes by writing things down, you can notice a pattern or work out possible reasons (TRIGGERS) why the behaviour is happening.

In order to implement the appropriate interventions, it is important to try to look at the possible reasons (TRIGGERS). The triggers may not be obvious and may take time to work out what these could be. To be able to analyse the possible reasons for the behaviour shown, it is beneficial to keep a record for a minimum of 2 weeks.

This is called an ABC chart:

ANTECEDENT (things that happened BEFORE the behaviour including places, people, times)

BEHAVIOUR (describe in as much detail what the behaviour looks like)

CONSEQUENCE of the behaviour (what happened AFTER the behaviour occurred)

It is important to complete an ABC chart in all environments your child/young person attends to see if the behaviour is the same or different.

There are several different types of recording charts other than the ABC chart you may be asked to complete for specific information gathering, e.g. sleep, diet, continence.

ABC CHART

Date & Time	ANTECEDENT Location, people, activity	BEHAVIOUR Describe what you saw	CONSEQUENCE What did the carer do/how did the person react
	Record things that happened BEFORE the behaviour occurred	Record a detailed description of the ACTUAL behaviour (what did it look like?)	Record the CONSEQUENCE of the behaviour (what happened AFTER)
Please consider some of the prompts in each column to help complete the form	- Where was the person? - What were they doing? - Who else present/just left? - Had a request been made? - Any obvious reasons, e.g. too noisy, up during the night	e.g. he ran out of the living room, stood in the kitchen doorways screaming and punched his head with his right fist for approximately one minute	Did the person gain anything they did not have before the behaviour was exhibited? eg received attention/escaped from an activity