

ABC chart

A simple way to work out why a behaviour keeps happening. Write down what came before it, what it looked like, and what happened straight after. After a week or two, the pattern shows you the function.

How to use this chart

1. Pick one or two behaviours to track, so it stays manageable.
2. Fill in a row straight after the behaviour happens, while the details are fresh.
3. Antecedent: the time, place, activity, who was there, and any instruction given.
4. Behaviour: what you saw and heard, and how long it lasted.
5. Consequence: what happened straight after, including what your child got or got out of.
6. After a week or two, read down each column and look for what repeats. The pattern is the function.

DATE AND TIME	A • ANTECEDENT What happened right before	B • BEHAVIOUR What it looked like	C • CONSEQUENCE What happened straight after
<i>Example Mon 4:15pm</i>	<i>Kitchen. I said "time to clean up your blocks." Sister in the room.</i>	<i>Threw the blocks and shouted. Lasted about 2 minutes.</i>	<i>I cleaned up the blocks myself. He went back to the tablet.</i>

Share your completed chart with your child's Clinical Supervisor or any clinician you are working with. It is the fastest way for them to see the pattern.

ABC chart · extra page

Print as many of these as you need.

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