

ABC Model

Antecedents

Describe what was happening before the behavior occurred:

Antecedents can be external (e.g. events, other people's behavior) or internal (e.g. thoughts, memories, body sensations).



Behavior

Describe the problematic behavior:

The behavior could be something you do that is observable by others, or it could be something you do in your mind, such as worry or self-criticize.



Consequences

Describe what happened after the behavior:

Does the behavior (appear to) meet a need?
Describe short-term and long-term effects.