

The ABC's of Behavior Observation Form

Learning to observe and record information about behaviors allow you to zero in on events that “trigger” the behavior you want to change. Changing either the “A” antecedent or trigger, or the “C” consequence of a behavior, reduces the chance of it happening again.

A = Antecedent	B = Behavior	C = Consequence
<ul style="list-style-type: none"> • What happened immediately before the behavior? • Where is behavior exhibited? • When does behavior occur? • Who is involved? • What activity was going on? 	<ul style="list-style-type: none"> • What is the behavior you observed that you would like to change? (Describe behavior, i.e., yelling, kicking, swearing. Do not try to guess emotions.) 	<ul style="list-style-type: none"> • What happened <i>after</i> the behavior happened? • Who is involved? • What did you do? • What did the person with dementia do? • Were other involved?