

ABC Model

Antecedents

Describe what was happening before the behaviour occurred:

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



Behaviour

Describe the problematic behaviour:

The behaviour 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-criticism.



Consequences

Describe what happened after the behaviour:

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