

ABC data sheet

Each time the behavior happens, fill one row within a minute. Write what a camera would have seen, not why you think it happened. After five days, read the A column, then the C column: the job is the one that keeps repeating. How to use it: the lesson.

Person (first name or initials):

Behavior, written so a stranger could spot it:

Dates:

Date, time where	A: right before what was said, done, taken, asked	B: the behavior what they did, how long	C: right after what people did, what changed	Job? attention, away, thing, feels

The four jobs. Get attention (someone looks, talks, comes over). Get away from something (a task, a noise, a demand ends). Get a thing or an activity (the tablet, a snack, the swing). It feels a certain way on its own (rocking, humming; no one else needed).

Free, from a Board Certified Behavior Analyst. dragen.cloud/behavior

If a behavior can hurt someone, get help now. This sheet is a start, not a substitute.