

ABC Behavior Log

A simple tool for tracking behavior incidents at home

DIRECTIONS

1. Keep this log somewhere easy to reach (kitchen counter, on the fridge, in a bag) so you can fill it out as soon as possible after an incident, while details are still fresh.
2. Fill in one row every time the behavior you are tracking occurs. It's okay to have several entries in one day, or none at all on a calm day.
3. Try to complete every column for each incident. If something doesn't apply or you're not sure, write "N/A" or "unsure" rather than leaving it blank.
4. Be as specific and factual as possible. Describe what you saw and heard rather than your guess about why it happened (for example, "hit sibling on the arm" rather than "was mean to sibling").
5. Bring the completed log to your next appointment, or send a photo/scan if requested, so it can be reviewed together.

DEFINITIONS

Setting Event: A broader condition happening before the incident that may have made the behavior more likely, even if it wasn't the immediate trigger (examples: poor sleep, missed a meal, illness, change in routine, transition from another activity, argument earlier in the day).

Antecedent: What was happening immediately before the behavior started — the specific trigger (examples: was asked to turn off the tablet, sibling took a toy, was given a homework instruction, was told "no").

Behavior: Exactly what the child did, described in observable terms (examples: screamed for 5 minutes, threw the remote, hit sibling, ran out of the room, refused to answer).

Behavior Duration: About how long the behavior lasted, from start to finish (examples: 30 seconds, 2 minutes, 10+ minutes).

Consequence: What happened right after the behavior — how you or others responded, and what the child gained or avoided as a result (examples: was sent to time-out, was given the tablet back, task was removed, received attention/comfort).

Notes: Any other helpful information: environmental factors (noise, crowding, screen time, visitors), who was present, what seemed to help calm things down, or anything that felt different about this incident.

[illegible]

[illegible]