

Antecedents (Before)	Behaviors (During)	Consequences (After)
<p>What happened before?</p> <p>What led up to it?</p> <p>Any triggers (recent, immediately)?</p> <p>Describe the environment. What's the activity level? Who's there?</p> <p>Leading up to, any new or different stressors? Changes to structure, routines? Changes to relationship or positive connection time?</p>	<p>What did the behavior look like?</p> <p>How long did it last?</p> <p>Did it escalate? Lessen? When?</p> <p>While your child is engaging in the behavior, what are you doing? Saying? Feeling? What's your tone of voice?</p> <p>What is running through your head?</p>	<p><u>After the behavior(s)</u>, what happened? What did you do? What did you say?</p> <p>What was his/her reaction? How did you feel?</p> <p>What were you thinking?</p> <p>What else did you do? What happened next?</p> <p>Any praising, ignoring, consequences, or punishment?</p>

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