

ABC Functional Analysis Worksheet

Functional analysis explores the causes and effects of behavior. Within CBT, a classic functional analysis method is the ABC technique. The ABC technique is designed to collect information about what factors lead to a specific problematic behavior (antecedents) and what factors result (consequences) from that behavior.

This ABC Functional Analysis worksheet includes 3 steps:

1. In the column labelled **Behavior**, the client writes down the problematic behavior (or any behavior he/she wishes to analyze).
2. In the column labelled **Antecedents**, the client writes down the factors that preceded the identified behavior.
3. In the column labelled **Consequences**, the client writes down the outcome of the identified behavior. *Note, 'Consequences' need not all be negative; it may be the case that there emerge positive outcomes from the identified behavior in addition to negative outcomes.*

This worksheet helps to determine how adaptive (or destructive) particular behaviors are in working toward client goals.

ABC Functional Analysis

Worksheet

| A | B | C |
|---|--|--|
| <p>Antecedents <i>What factors preceded the problematic behavior?</i></p> | <p>Behavior <i>What is the problematic behavior?</i></p> | <p>Consequences <i>What was the outcome of the problematic behavior?</i></p> |
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