The Stress-Free ABC Guide

How to Record Behavior—Quickly, Accurately & Without Overthinking

Understanding behavior helps us provide better support. This guide simplifies recording, making it stress-free and effective.

1. ABC Basics (Just the Essentials)

Antecedent
The moment right before the behavior (even subtle cues count).

Behavior
Specific actions only— skip labels ("threw book" vs. "was aggressive").

Consequence
What happened right after (including natural responses).

💡 **Stress-Free Tip:**
Start with the behavior if you're rushed—the rest can be added or selected from dropdowns later.

2. Quick Solutions for Real-Time Recording

✓ **"Missed the trigger?"**
Note the context (e.g., "during math lesson," "loud noise nearby").

▶▶ **"Too fast to type?"**
Use quick-select options or voice notes to capture keywords.

? **"Unsure about consequence?"**
Log observable outcomes (e.g., "activity paused," "peer reaction").

💡 **Stress-Free Reminder:**
Incomplete data is still data—patterns emerge over time.

3. Digital-Friendly Best Practices

Antecedent:
Use pre-set triggers (e.g., "demand given," "transition") or add custom notes.

Behavior:
Select from your agency's common behaviors or add a brief description.

Consequence:
Choose from common responses (e.g., "redirected," "task modified") or log novel outcomes.

💡 **Stress-Free Mindset:**
You're building insights, not just filling fields.

4. Why This Works

Digital tracking reveals trends faster (no deciphering handwritten notes). Every entry—even a quick one—adds to the bigger picture.
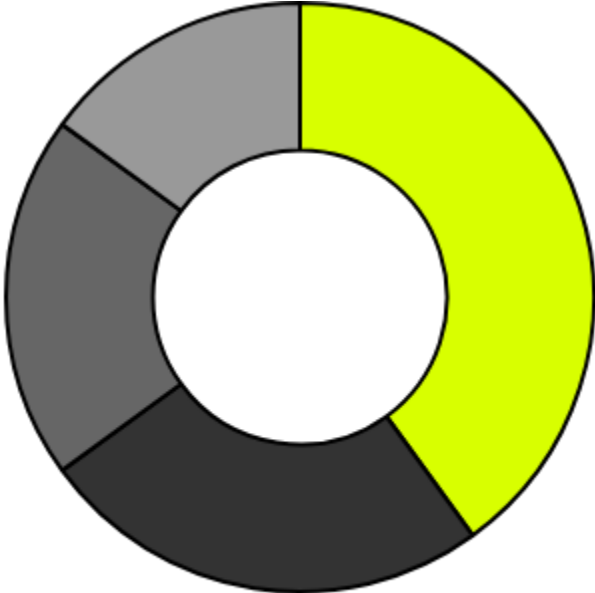
Digital tracking reveals trends faster.

→ Every entry adds to the bigger picture.

→ Behavior journal + your observations = better support.

That's the goal. ❤

- 🟨 Attention
- ⬛ Escape/Avoidance
- ⬛ Access to Tangible
- ⬛ Automatic/Sensory

Making behavior recording insightful and straightforward.