

Imagine you were watching an incident occur from a bird's eye view. Narrate everything that happened as descriptively as you can in order to really capture the interaction. For example, instead of writing, "Mom redirected Emily to make another choice," it's much more helpful to write, "Mom told Emily, 'Stop doing that. Climbing on the couch is not an option. You can color or look at books until dinner.'" Use short hand & don't worry about full sentences!

In the example below, a parent is seeking help for destructive and unsafe behavior, such as climbing on the furniture. She recorded data on an episode of her daughter, Emily, climbing on the couch.

"ABC" Data Collection				
Date/ Time	Location/ Activity People Present	Antecedent <i>(What was happening before behavior occurred?)</i>	Behavior <i>(What behavior occurred?)</i>	Consequence <i>(What happened immediately after behavior occurred?)</i>
3/12/26	Emily: coloring at the coffee table in living room Mom: in the kitchen making dinner	-M looked over & E was climbing on the couch. -M walked over & said, "Stop doing that. It's not an option. You can color or look at books."	-E jumped off couch, leaned over coffee table, & swiped crayons onto floor. -E started trying to rip up coloring pages.	-M took coloring pages away & asked, "How about you can look at my phone, but only until dinner," & gave E phone. -M went back to kitchen. -E sat quietly on couch, watched YouTube until dinner.

"ABC" Data Collection				
Date/ Time	Location/ Activity People Present	Antecedent (What was happening before behavior occurred?)	Behavior (What behavior occurred?)	Consequence (What happened immediately after behavior occurred?)