

# ABC Functional Analysis Worksheet



Sometimes, we want to understand why we do certain things, especially if those actions cause us problems. We also want to know what happens right after we do them. Within CBT, we use the ABC method to help with this.

This ABC Functional Analysis worksheet includes 3 steps:

**A. (Antecedent):** What was happening right before the action? What triggered it?

**B. (Behaviour):** What was the specific action or behaviour?

**C. (Consequence):** What happened immediately after the action? What was the result?

\*Note, 'Consequences' aren't always negative, sometimes there are positives.

Looking at the ABC's helps people see their patterns, identify triggers, and figure out outcomes that might be keeping the behaviour going.

A. (Antecedents) What was happening before?	B. (Behaviour) What was the behaviour?	C. (Consequences) What was the outcome?