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*

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
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</table>
| **Antecedents**  
*What factors preceded the problematic behavior?* | **Behavior**  
*What is the problematic behavior?* | **Consequences**  
*What was the outcome of the problematic behavior?* |