

Exercise 28 –The ABC Form in Functional Analysis

Antecedent What Happens Immediately before the Unhelpful Behaviours?	Behaviour What are the Unhelpful Behaviours that I Want to Change?	Consequence What are the Positive / Negative Reinforcing Factors for these Behaviours?
	Helpful Behaviours	

Example ABC Form

Antecedent What Happens Immediately Before the Unhelpful Behaviours?	Behaviour What are the Unhelpful Behaviours that I Want to Change?	Consequence What are the Positive / Negative Reinforcing Factors for these Behaviours?
<p>Noisy, Busy, loud or unfamiliar situations where I don't know people or where I feel under pressure to perform.</p>	<p>Getting drunk, behaving in an aggressive manner, shouting or overcompensating by throwing money around.</p>	<p>Positive - Gain attention and praise for buying the drinks or paying for the meal.</p> <p>Negative - distracts me from feeling awkward or vulnerable.</p>
	<p>Helpful Behaviours</p> <p>Listening, being quietly assertive, acting with good financial and social boundaries.</p>	<p>Positive Reinforcement - valued for who I am rather than what I spend.</p> <p>Negative Reinforcement - Feeling less like a fraud or feeling less exploited.</p>