

THE ABC'S OF BEHAVIORS

When our children misbehave, it's tempting to focus only on the behavior. Doing so we *may* miss the rest of the picture.

A

ANTECEDENT

(situation or trigger)



B

BEHAVIOR



C

CONSEQUENCE

(result)



EXAMPLE

A

A bully picks on Jimmy on the bus ride home.

B

Jimmy tells his mom to shut up.

C

Jimmy gets grounded.

In the above example Jimmy gets a consequence for telling his mom to “shut up.” Looking at the whole picture we see that Jimmy’s negative behavior *may* have been triggered by something else—his being picked on.

In order to stop Jimmy’s behavior of telling his mom to shut up, first, apply an immediate consequence for the action. Then, help prevent future outburst by teaching him how to deal with his bullies.