

ABC'S OF BEHAVIOR



Antecedents: Distant (Motivating Operations)

Circumstances an individual experiences that make consequences more or less reinforcing, and certain behaviors more or less likely.

Example:

- Going a week without talking to a friend increases the value of social connection as a reinforcer. It also increases the likelihood the individual will seek connection through texts, phone calls, or a meet up.



Antecedents: Immediate

The events, actions, or circumstances that occur immediately before a behavior and signal reinforcement is available to an individual.

Example:

- An individual walks by a group of their friends talking at the mall. They walk over and say "Hello". The friends standing nearby are an antecedent, they signal that social connection is available.



Behavior

The actions of an individual that can be observed by others.

Example:

- An individual walks by a group of their friends talking at the mall. They walk over and say "Hello". Walking over and saying "Hello" is the behavior.



Consequences

The events, actions, or circumstances immediately following a behavior.

Example:

- An individual walks over to their friends and says "Hello". The friends greet the individual. The friends greeting the individual is the consequence.



Why is this important?

The ABC's of behavior can be used to design interventions to decrease problem behavior, and increase appropriate replacement behaviors. Antecedent interventions focus on changing the circumstances prior to a behavior occurs to make it more or less likely. Consequence based interventions change the circumstances after a behavior occurs to make future occurrences of the behavior more or less likely.

For more information on behavior analysis, including parent resources:

Visit: learningbehavioranalysis.com



ABA terms explained