

## ABC's of Problem Analysis

Problem: \_\_\_\_\_ Other info: \_\_\_\_\_

	Antecedents (stimuli)	Behaviour (response)	Consequences (of response)
Cognitive (Images, specific thoughts, general beliefs)			
Autonomic (tension, breathing and heart rates etc.)			
Motoric (movement, observable behaviours / what was done & said)			
Environmental (people, places, objects and events that may influence problem)			