

# THE ABC'S OF ABA

## Understanding Why Behavior Occurs

### SCENARIO

A boy is watching TV. It's getting close to dinner time so the dad turns off the TV. The boy starts crying and screaming, "I want more TV!" The dad turns the TV back on and says, "Okay, just five more minutes."

### A - ANTECEDENT

#### What happened right before the behavior?

The antecedent is right before a behavior occurs. The dad turns off the TV first. This triggered the behavior to occur.

Antecedent: The dad turns off the TV.

### B - BEHAVIOR

#### What action did the individual do?

The behavior must be observable, measurable and from a living being. It is the action of the individual.

Behavior: The boy starts crying and screaming, "I want more TV!"

### C - CONSEQUENCE

#### What happened immediately after the behavior?

The consequence is immediately after the behavior and determines if the behavior will or will not occur again in the future. In this case it will - crying gained him access to the TV.

Consequence: The dad turns the TV back on.