



ABC Chart

Time and Date	What was happening around the time of the behaviour?	What was happening Right before the behaviour?	What was the behaviour?	What happened after the behaviour?	What reason was suggested?
<i>Example</i>	<i>Alex had not sleep well last night. We were in the kitchen</i>	<i>I asked Alex to switch off the TV</i>	<i>Shouted and lashed out</i>	<i>I left him to calm down</i>	<i>Alex wanted to keep watching TV</i>



Communciation (Template)					
Message	How your relative communicates this message (just record those that apply)				
	Body language and actions	Facial expressions	Sounds and words	Signs and Gestures	Other things
Feels in pain / discomfort					
Wants to be alone					
Needs you or another person					
Wants something/wants to keep doing something					
Does not like or does not want to do something					
Needed to know something					
Wants to tell you something					