

THE ABCDs OF SELF-REGULATION

A: Antecedent

B: Behavior

C: Consequence

D: Decision

Think of a time when you were dysregulated. Reflect on the antecedents, the behaviors, and the consequences by answering the following questions.

Antecedent	Behavior	Consequences
<ul style="list-style-type: none"> What time of day was it? 	<ul style="list-style-type: none"> What did I say? 	<ul style="list-style-type: none"> How did the behavior impact others?
<ul style="list-style-type: none"> What was happening in class? 	<ul style="list-style-type: none"> What did I do? 	<ul style="list-style-type: none"> How did others view the behavior?
<ul style="list-style-type: none"> What were others doing? 		<ul style="list-style-type: none"> How do I think the behavior made others feel?
<ul style="list-style-type: none"> How did I feel? 		<ul style="list-style-type: none"> How did the behavior impact me in the short term and the long term?
<ul style="list-style-type: none"> What was I thinking about? 		<ul style="list-style-type: none"> How did I feel? What was I thinking?
<ul style="list-style-type: none"> What did I want? 		

Decision
What strategy could I try?