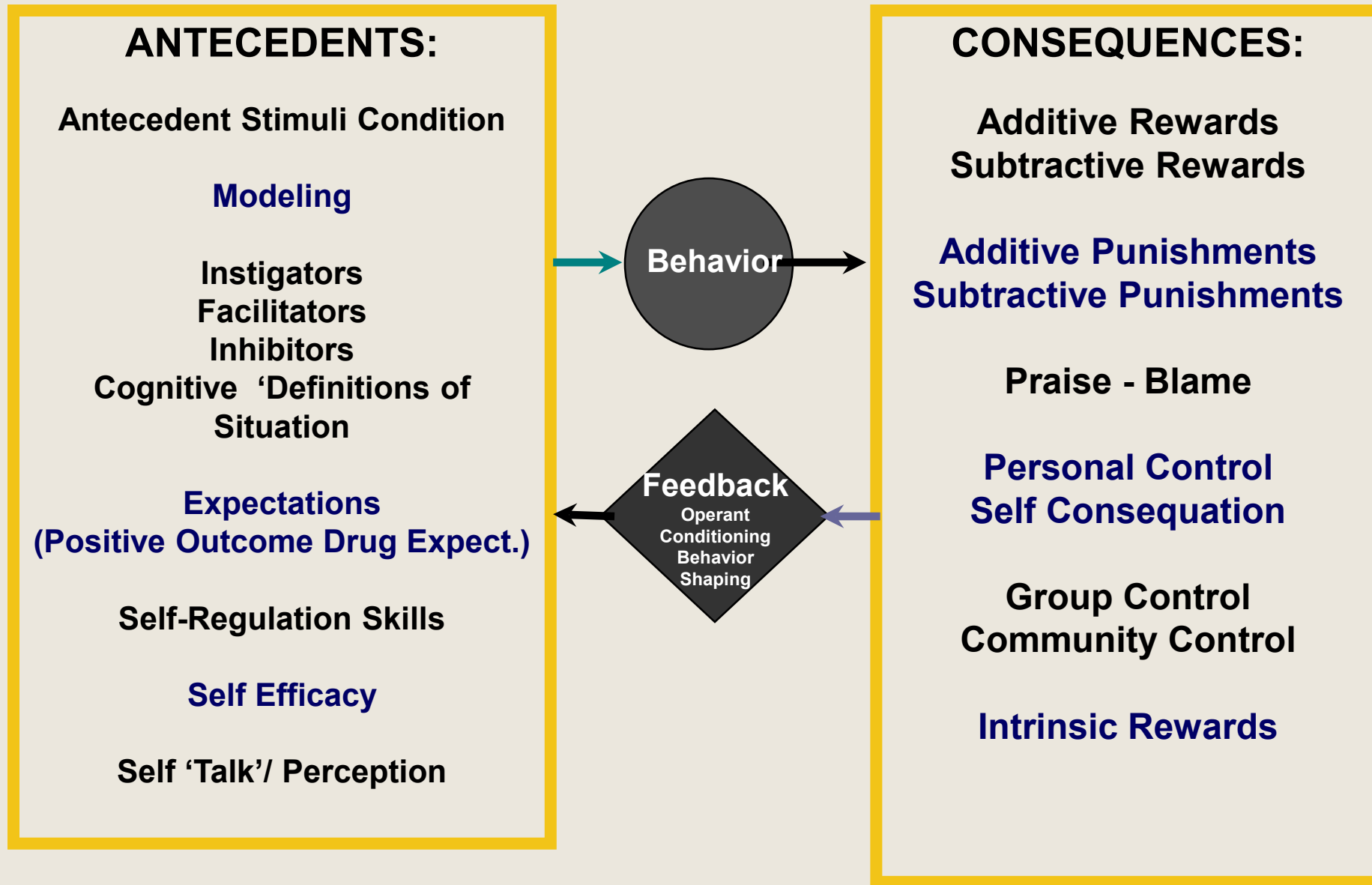


AUGUST 2021 EBP TIP OF THE MONTH: THE ABC MODEL

The Antecedent, Behavior,
Consequence Model

Antecedents-Behavior-Consequences

A Simple Framework for Social Learning (A - B - C)



- The ABC Model is a simple framework that explains how individual's thoughts, feelings, and beliefs affect behaviors.
- The Follow are elements of the ABC Model:
 - ❑ **Antecedents:** things that come before a behavior are often cognitive in nature, but not always (i. e., cue stimuli).

- ❑ **Positive Outcome Expectancy** – the things you anticipate will happen if you do a certain thing. For example: Forget my problems, relax, fit in, make friends, be cool, not hear my parents fighting.
- ❑ **Self-efficacy** - **One's belief about one's ability to do some THING.** Very important. If someone's self-efficacy is high,? what is the likelihood that they will do it? High. If it is low, how likely is it that they will do it? Low!

- ❑ **Modeling** is the super highway for human being to learn. It's called vicarious reinforcement and two essential elements are required: 1) the subject is frequently exposed to someone they value or think is cool; 2) they see that individual get positively reinforced for a particular behavior that they (the subject) do not yet have. The subject will learn almost through osmosis.
- ❑ **Self perception theory** – “when we hear ourselves talk we learn what we believe—an important antecedent especially as it relates to Motivational Interviewing. When an individual verbalizes his/her thoughts about their level of efficacy or reasons to change a particular behavior, it strengthens the likelihood of engaging in the behavior. In MI, as we get closer to the Determination stage and begin to get statements supporting change, the more we want to support the verbalization of language that supports change rather than language that supports the status quo.

- The following is a video from our Motivational Interviewing partner (Brad Bogue, J-SAT). In this video, Brad explains the many elements that make up the ABC Model.
- As a change agent, we can use the ABC model to show how thoughts, feelings, and beliefs have affected an individual's behavior and thus resulting in desirable or undesirable consequences.
- Video: [ABC Model](#)