



PIVOTAL EDUCATION

BEHAVIOUR, SAFEGUARDING, TEACHING & LEARNING

The ABC Method

Contributed by Elaine Murphy

As part of my mentoring sessions with students I use the ABC method, which gives them a chance to take a look at their behaviour and see where they could have changed the event to make things better.

A the Activating event.....What ever it was that caused the problem. i.e. refusing to do as the teacher asked.

B the thought.....What was I thinking at the time. i.e. I don't care, I want to go home, I will swear at the teacher.

C Feelings..... How I felt at the time. i.e. angry hot emotional wanted to cry in temper.

You then take each event and go over it with the student and ask them how could they have changed each one.

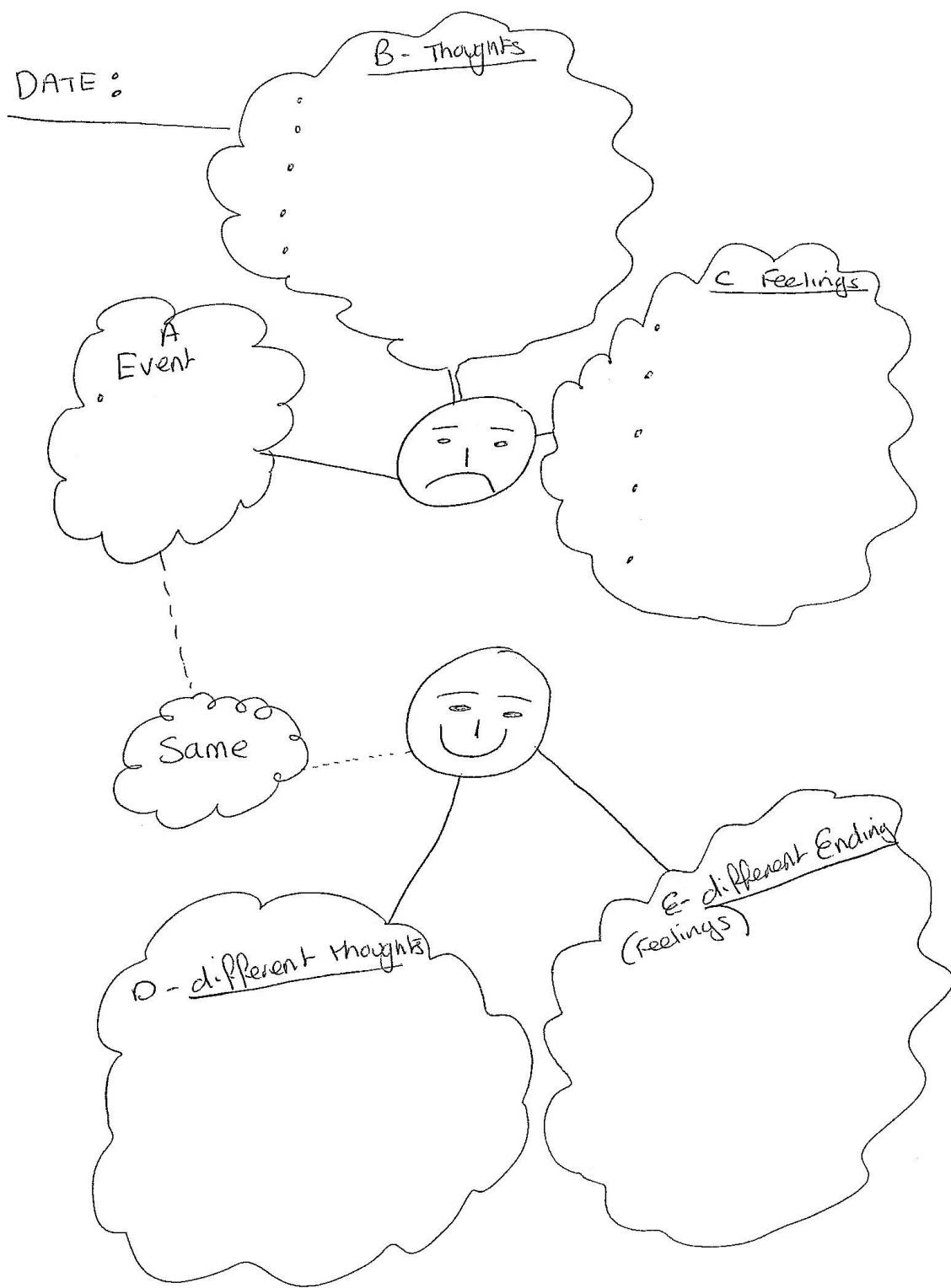
Athe event would still be the same.

B the thought..... I could have listened, sat down and been quiet I could have done what was asked of me.

C Feelings..... Calm, happy more cheerful.

This then gives the student time to reflect on their behaviour and see how outcomes could have been different.

See attachment for layout of worksheet.



All resources in the "Contributions" section of our resource bank have been submitted by delegates on our Taking Care of Behaviour Online course. For more information about this practical, self-paced course, please visit: <http://www.pivotaleducation.com/taking-care-of-behaviour-online/>