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Neuropsychological Testing | Psychotherapy | Parent Coaching

Event _____

Date _____

A	B	C
Antecedent: What was happening when the event occurred and what was happening earlier? Thoughts? Feelings? HALT (Hungry, Angry, Lonely Tired)? What was I doing? Who was I with?	Beliefs: What were my thoughts/beliefs when the behavior occurred or event happened?	Consequences: What did I do? How did I respond? What happened as a result of my behavior? How did my behavior impact others? My relationships? My goals?
Did I use Strategies/What Strategies could I have used?	Did I use Strategies/What Strategies could I have used?	Did I use Strategies/What Strategies could I have used?