

RAC-S paradigm (**R**esponse, **A**ntecedents, **C**onsequences and response **S**trength)

A

Antecedents

1. When does the target behavior occur?
2. Who is present?
3. Where is the client?
4. What happens before the target behavior?
 - a. What is said or done?
 - b. Who says or does it?
 - c. What does the client say to himself or herself?
 - d. What are the eliciting stimuli?

R

Target Responses

1. What does the client say?
2. What nonverbal behavior does the client perform?
3. What responses are elicited?
4. What are the client's covert behaviors?

S

Response Strength

1. How many times did the response occur during the past minute? Hour? Day? Week? Month?
2. How long does each occurrence of the target behavior last (duration)?
3. How can the intensity of magnitude of the target behavior be measured?
4. How long has the target behavior been a problem?
5. How quickly does the target response occur after presentation of an antecedent stimulus?

C

Positive (C+)/ Negative (C-) Consequences

C+

1. What seems to maintain or support the response?
2. What attention does the client receive?
3. What benefit does the client receive?
4. What happens that could influence the client to perform the behavior again?
5. What negative event is removed or avoided?

C-

1. What losses does the client sustain?
2. What physical or verbal assault is inflicted on the client?
3. What losses do other individuals or society sustain?