

## **“Your Problem Behavior” Worksheet**

1. Identify the problem behavior. (Use few words.)
2. How long has this behavior been occurring?
3. What triggers the behavior?
4. How do other people respond to the behavior?
5. How do you respond? (Thoughts, judgments, feelings)
6. What purpose (function) do you think the behavior serves?
7. What alternative behaviors could you use that would be more beneficial to you, or more socially acceptable?