Behavior Worksheet

If you already know that there are negative or challenging behaviors occurring, identify what these behaviors are, what may cause the behavior and what you do to handle the behavior.

For example: Mom is resistant to bathing. The night before, we tell her that she will be getting a bath/shower tomorrow. We write it down on her calendar, or write a large reminder and put it in her room. We discuss it every time we are in the room. The day of the shower, get everything in the bathroom, get the water warm, consider putting on soft music playing in the bathroom. Undress her in the bedroom and walk her to the bathroom, always talking softly and looking her in the eye.

Negative Behavior __________________________________________________________

What happened before the behavior? ____________________________________________

___________________________________________________________________________

What you did to handle the behavior? __________________________________________

___________________________________________________________________________

___________________________________________________________________________

Result _____________________________________________________________

___________________________________________________________________________