

MEGHAN BARLOW AND ASSOCIATES TURNING CHALLENGES INTO GROWTH

Target behavior: Define it specifically using action words and specific descriptors - such as yelling, crying, throwing things, overly focusing on a specific item/activity

Antecedents (What happened before the behavior)	Behavior - describe	Your Actions/Consequences (Describe what happened after the behavior occurred)	Possible Function of the behavior? Feelings? Possible changes to make?
What was he/she doing/saying before behavior?	What did he/she do?	What did you do?	Avoiding something?
			Obtaining something?
			Sensory-related?
What were you doing/saying before the behavior?	What did he/she say?	What did you say?	Possible Feeling?
			What changes can you make to the antecedent or consequences?
What was he/she doing/saying before	What did he/she do?	What did you do?	Avoiding something?
benavior?			Obtaining something?
			Sensory-related?
before the behavior?	What did he/she say?	What did you say?	Possible Feeling?
			What changes can you make to the antecedent or consequences?
	(What happened before the behavior) What was he/she doing/saying before behavior? What were you doing/saying before the behavior? What was he/she doing/saying before the behavior? What was he/she doing/saying before behavior? What was he/she doing/saying before behavior? What was he/she doing/saying before behavior? What were you doing/saying before behavior?	(What happened before the behavior) What was he/she doing/saying before behavior? What did he/she do? What were you doing/saying before the behavior? What did he/she say? What was he/she doing/saying before the behavior? What did he/she say? What was he/she doing/saying before behavior? What did he/she do? What was he/she doing/saying before behavior? What did he/she do? What was he/she doing/saying before behavior? What did he/she do? What were you doing/saying What did he/she do?	(What happened before the behavior) (Describe what happened after the behavior occurred) What was he/she doing/saying before behavior? What did he/she do? What did you do? What were you doing/saying before the behavior? What did he/she say? What did you say? What was he/she doing/saying before the behavior? What did he/she say? What did you say? What was he/she doing/saying before behavior? What did he/she do? What did you do? What was he/she doing/saying before behavior? What did he/she do? What did you do? What were you doing/saying What did he/she do? What did you do? What were you doing/saying What did he/she do? What did you do?

Any patterns in antecedents? What antecedents may be a trigger and can be changed?

Any patterns in consequences? What consequences may reinforce the behavior and can be changed?

What skills can we try to teach or reinforce to change the behavior he demonstrates? This may depend on what we think the function of the behavior is.