

Why Does This Happen?

Questions to think through one hard behavior. There are no right answers.

CHILD

DATE

1. What does it look like? Describe it in plain words.

2. When does it happen most? Tick all that fit.

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|---|--|
| ☐ Mornings | ☐ Stopping something fun |
| ☐ Asked to do something hard | ☐ Told no or asked to wait |
| ☐ Busy or loud places | ☐ Tired, hungry or not feeling well |
| ☐ When I am busy with something else | ☐ Alone with nothing to do |

3. What usually happens just before?

4. What usually happens right after? Tick all that fit.

- ☐ Someone comes over or talks to my child
- ☐ My child gets out of doing something
- ☐ My child gets something they wanted (a toy, a snack, a screen)
- ☐ It seems to feel good or calm my child down

Something else:

5. When does it almost never happen?

6. What helps, even a little?

7. What would you like your child to do instead?

8. Questions for my child's BCBA or team



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