

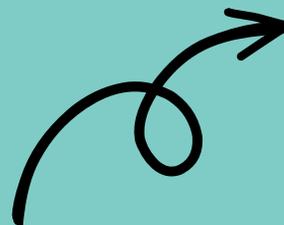
Thank you for following along on social media. I am so excited to share this "cheat sheet" with you!

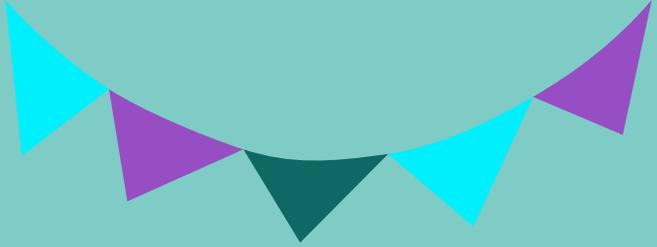
## 10 Questions to Ask Yourself About Challenging Behaviors

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# "10 Questions To Ask Yourself About A Challenging Behavior"

What? Describe the behavior objectively.

Is this a repeated behavior or a one-time behavior?

When? When did this behavior happen? If it's repeated do you see a pattern?

What happened before the behavior?

What happened directly after the behavior?

What does the child/teen think about it?

Was this behavior "out of character?"

Does this child have a need/accommodation that was not being met?

Was the child capable of the behavioral/academic/social expectation?