When an undesirable behaviour is regularly occurring it’s often helpful to keep a diary of occurrences to help identify potential triggers, so that strategies can be put in place to help.

Use this sheet or a notebook. This is just an idea of what you may want to consider recording:

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| --- | --- | --- | --- |
| **Date and time** | **What happened before** | **What happened during** | **What happened after** |
| You might see a pattern emerging when behaviour occurs. For example, a day of the week associated with a specific activity. Or if it’s every day at 11am, you might want to explore hunger as a trigger. | Where was the young person?  Who else was there?  What was the young person doing?  What were the other people present doing?  What was the immediate environment like? | Were there any signs that it was coming?  What does the behaviour look like?  How did it escalate? | What happened immediately after the behaviour?  What did the young person do?  What did you do?  How did the young person feel?  What did other people do? |
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