

# Every Behavior Tells a Story: Discovering Your Child's Voice

## Reflection Worksheet

2025 SPIN Conference

Saturday, May 10, 2025

Think about a challenging behavior your child has engaged in. What do you think your child was trying to say?

Think about the challenging behavior you identified earlier. What happened right before the behavior occurred? What happened right after the behavior ended?

Think about the challenging behavior you identified earlier and the possible antecedent and consequence. What do you think the function of the behavior might be? What do you think your child is trying to say through their behavior?

Think about the challenging behavior you identified earlier. What could be an appropriate functionally equivalent replacement behavior your child could use?

What is one strategy that you can try at home?