# Thinking About My Inappropriate Behavior

Directions: This document should be used as a debriefing tool with students following an episode of challenging behavior. The goal of the document should be to a.) Identify what happened, b.) identify or practice the replacement behavior, and c.) Plan what to do next time. This debriefing tool can be used as a dialogue (conversation prompt), a written process, or a behavior practice session (behavioral rehearsal or role play).

Staff Script (Optional): *“Whenever someone acts inappropriately it is important to figure out what went wrong so that they can learn to do better next time. This form will help us understand and describe what happened so that next time you can make a better choice.* *Do you want to be the one writing the answers, or do you want me to be your secretary for this process?”*

| **Student’s Name:** | **Today’s Date:** |
| --- | --- |
| [Enter student’s name.] | [Enter today’s date.] |

## 1. “When did my inappropriate behavior happen? Where was it and who was present at the time?”

[Add text here.]

## 2. “What bad choice did I make?” (Undesirable behavior)

[Add text here.]

## 3. “What negative outcomes might occur (or did occur) if or when I choose to use this unacceptable behavior?”

[Add text here.]

## 4. “What could I have done instead?” (Put a + by the one(s) you might do next time if a similar situation occurs.)

[Add text here.]

## 5. “What might happen that is positive if I choose an appropriate behavior to handle my problem?”

[Add text here.]

**Positive Environments, Network of Trainers (PENT)**

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