

Child Behavior Functional Analysis Worksheet

In order to understand why children behave the way they do, it's important to understand the *what*: triggers (antecedents) and consequences that happen before and after the behavior.

Behavior always *makes sense*: people act because it either brings them something they want, *or* because it takes away something they don't want. Use this worksheet with your therapist to help you look at your child's behavior in this way, so that you can better understand what triggers the behavior, and what consequences maintain it. If you understand those clearly, you will be able to work with your therapist to help your child *change* how they behave.

1. **Target Behavior:** What's the concerning behavior (describe in a way that someone else would clearly see what you mean – so instead of “being oppositional,” write “saying ‘no’ when I give a direction.”

2. **Triggers for Target Behavior:** What happens right *before* the concerning behavior? This can be something that happens that you *observe*. Take some time to pay close attention, and write down what you notice.

3. **Consequences for the Target Behavior:** What happens right *after* the concerning behavior? Write down your observations.

4. **What's the Context?** What do you notice about what's going on at home when your child acts this way? For example, what time of day – before dinner? Before school? What was going on for you at the time – how were you feeling? How was your child feeling? Write down your observations for when your child's behavior occurs most frequently.

Now that you've recorded your observations of the triggers and consequences of your child's behavior, you can use the form below to track them over time to get a sense of patterns, in essence, of when and how frequently this behavior occurs. Bring this to your next session so that you can go over it with your therapist. Good work!

Child Behavior Monitoring Form

Target Behavior:			
Context	Trigger	What does child do?	Consequences?
Example: Right before dinner, I was on the phone; Eric and his sister were playing	Example: I told Eric to clean up his toys	Example: Eric continued to play (he did not do what I said)	Example: I got off the phone and yelled at him.