

Child Behavior Functional Analysis Worksheet

Just as we looked at the triggers and consequences for your child's behavior, it's important to take a look at how you react, as a parent. Using the information you gathered from your Child Functional Analysis Worksheet, let's take a look at what shows up for you when your child is misbehaving. This can help you get some perspective how you are feeling and thinking, what you tend to *do* when you feel that way, and how what you are doing is *working*. This will help you get some perspective on patterns between you and your child, and help you decide, with your therapist, how best to address them in a way that is *workable*.

1. **My Triggers:** When my child misbehaves, how do I typically think and feel?

2. **My Target Behavior:** When I am thinking and feeling this way, what do I do next? How do I respond to my child?

3. **My Consequences:** How does what I do, or how you react, work? Does it do what I was hoping it would do? When I step back and notice what happens when I chose to act as I did, what do I see?

4. **My Context:** What do I notice about what's going on for me when my child acts this way? For example, what time of day – before dinner? Before school? What was going on for me at the time? What did I notice about how my child was feeling?

Now that you've recorded your observations of your own triggers and consequences of your parenting responses, you can use the form below to track them over time to get a sense of patterns, in essence, of how what you do is working. Bring this to your next session so that you can go over it with your therapist. Good work!

My Behavior Monitoring Form

Parent Behavior:			
Context	Trigger	What did I do?	Consequences?
Example: I just got a big promotion; I felt happy, I was telling my friend Sarah about it	Example: Eric didn't listen when I told him to pick up his toys	Example: I got off the phone and yelled at him	Example: I felt bad, irritated and guilty; he cried and ran out of the room