

EXERCISE 1.1

Think about an incident in which someone in your care engaged in a challenging behavior. If you cannot think of an incident involving someone receiving care from you, think of one in which someone else behaved in a difficult way. Remember, a difficult behavior is a behavior that is harmful to someone in some way. It may be harmful to the person engaging in the behavior or to someone else. The harm can be either physical or emotional.

Briefly describe the incident.

Briefly describe the following:

1. What seemed to be some of the internal triggers for the challenging behavior?
2. What were some possible external triggers of the challenging behavior?