

Behaviour Reflection B

Name _____

Date _____ Time _____

Location _____ Staff member _____

1. What was your behaviour? _____

2. What did you want? (Check at least one.)

- ☐ I wanted attention from others.
- ☐ I wanted to be in control of the situation.
- ☐ I wanted to challenge the teacher's authority.
- ☐ I wanted to avoid doing my work.
- ☐ I wanted to be sent home.
- ☐ I wanted to cause problems because I am miserable inside.
- ☐ I wanted to cause others problems because they don't like me.
- ☐ I wanted revenge.
- ☐ I wanted _____

3. Did you get what you wanted? ☐ Yes ☐ No

Explain. _____

4. How could you handle this type of situation more positively next time?

5. What do you need to do to fix your current problem? _____

Staff member	Time started
Parent contacted ☐ Yes ☐ No	Time ended
Other	No. of minutes

Adapted with permission from Randall Sprick, Marilyn Sprick and Mickey Garrison, *Interventions: Collaborative Planning for Students at Risk* (Eugene, OR: Pacific Northwest Publishing, 1993–1997), Intervention B: Managing Severely Disruptive Behavior. Source: Geoff Colvin and George Sugai, *Managing Escalating Behavior* (Eugene, OR: Behavior Associates, 1989).