

HANDOUT 1A

Practice Identifying Positive Opposite and Breaking Down Behaviors

Example

Using the example below, practice identifying the positive opposite and then breaking the positive opposite down into smaller steps.

Problem behavior: Late for school

Positive opposite: Get ready for school in the morning

Break down positive opposite behavior:

1. Get up when the alarm rings.
2. Be dressed by a certain time.
3. Organize school materials (e.g., put homework in a backpack).
4. Eat breakfast at a certain time.

For each problem behavior below, identify the positive opposite and then break that down into a sequence of smaller behaviors.

Problem behavior: Never cleans her room

Positive opposite: _____

Break down positive opposite:

1. _____
2. _____
3. _____
4. _____

Problem behavior: Grabs toys from older sibling

Positive opposite: _____

Break down positive opposite:

1. _____
2. _____
3. _____
4. _____

Problem behavior: Problems getting homework done

Positive opposite: _____

Break down positive opposite:

1. _____
2. _____
3. _____
4. _____

Problem behavior: Yelling at or fighting with older sister

Positive opposite: _____

Break down positive opposite:

1. _____
2. _____
3. _____
4. _____