

## Behavior Planning Template

Personal Info.

Background

Current Diagnosis\_– DSM-ID manual recently published by NADD.

Medical:

Psychiatric .

Cognitive :.

Communication:

Proactive Planning – Meeting Psychological Needs

### Attention

1. Ways in which attention needs are currently being met:
2. What must be maintained in order for needs to continue being met:
3. What is going to be added in order to have all basic attention needs met:

### Choice:

1. What choices is the individual currently able to make:
2. What must be put to be in place for the ability to make the choices to continue:

4. In what areas should choice be introduced?.

5. How will this be done?

### **Emotional Communication**

1. What are the ways in which the individual can currently communicate emotion?

2. What should be added so that emotions can be communicated verbally?

3. Procedures to teach the individual in order to enhance emotional communication:

### **Stimulation:**

1. Stimulation currently being provided:

2. What must be in place to maintain stimulation:

3. What needs to be added in order to enhance stimulation opportunities:

### **Procedures to Increase Happiness**

1.Sources of pleasure:	Ways in which staff should provide access to pleasure:
2. Activities of Engagement:	Ways in which staff should increase opportunities for engagement activities:
3. Meaning:	1.Important areas of meaning:  2. Meaningful Roles that the individual plays:  3. Ways to increase opportunities for this individual to make a difference to others.

### **Procedure to Address Change and Disruption**

Events that trigger Difficulties:	How to Manage these events:
Staff actions that may trigger difficulties	How to avoid such difficulties
Interactions that trigger difficulties	How to facilitate coping
Environmental Dangers	Environmental Management

## VALUES CHART

### Gratitude

Today I appreciate:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Forgiveness

Today I forgive:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Feeling Good About Myself

What I did well today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What I like about myself today

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What I know I'm getting better at:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How I made a difference today:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Goals For Tomorrow Are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_