

## T-B-R RECORD SHEET

You can use this to record what has worked and what has not worked when you tried to figure out how to better manage your loved one's behaviors.

**INSTRUCTIONS:** 1. Identify the problem behavior. 2. Think about the trigger- what led up to problem behavior? 3. Recall how you reacted/responded to the problem behavior 4. Think of a strategy to try out that will EITHER change the trigger or your reaction to that problem. 5. Lastly, observe what happened after you used this strategy, and fill out the last blank.

Date/ Day of week	Time	Person(s) Present	<span style="color: green;">T</span> rigger    → <span style="color: green;">B</span> ehavior → <span style="color: green;">R</span> esponse			The strategy I used to change the behavior was:
			2.	1.	3.	4.
						<b>What happened after you used this strategy?</b>
						5.