**Activity 8.4 – Stop & Jot**

***Choose a Replacement Behavior***

***Workbook***

Given that the probable function of Adam’s behavior is to get or obtain access to desired items, activities, or attention from preferred people, what would you select as replacement behavior? Jot your ideas below.

*Remember—the behavior should be more efficient and effective at achieving the function than the problem behavior.*

**Example: Adam**

Adam is a 12 year old boy who lives in a group home that serves four other adolescents (3 boys and 1 girl) with various levels of disabilities. He is always assigned a 1:1 staff.

Adam has lived in group homes for the past 3-4 years. In his previous placement, he was successfully attending school (a process which took months to achieve). He was moved from that group home to the current placement to be close to his mother.

Upon moving, he regressed into using his problem behaviors (hitting, kicking, biting, pushing, scratching, etc.). He has been removed from school because of his problem behaviors.