



Repetitive Behaviors Coping Strategies

Student name:	 Is this strategy working?	

	Possible Triggers						
Date & Time	Intensity	Observed Behavior	Emotional/ Thought (anxiety, frustration, obsession, confusion, etc.)	Environmental / Social / Instructional	Replacement behavior / Coping strategy	Effectiveness of Strategy	
	3 2 1						
	3 2 1						
	3 2 1						
	3 2 1						
	3 2 1						
	3 2 1						