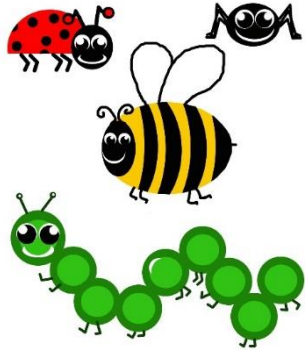# Behaviors that BUG us!
## Use this table to identify behaviors you want to focus on with an incentive program

| BEHAVIORS THAT BUG YOU<br>INSTRUCTIONS | List ALL behaviors that bug you | BEHAVIORS YOU WANT TO WORK ON<br>(Choose only 1 or 2) |
|---|---|---|
| In the next column, list ALL of the behaviors that bug you.<br><br>Select 1-2 that you would _really_ like to change. This might be because they are very disruptive, annoy the heck out of you, or have an impact on the family.<br><br>Write those in the 3rd column (under the bugs)<br><br>Think a bit… when you see these behaviors occurring, are there patterns? When does it happen? What is going on around the child? What might be contributing to their behavior? Write some ideas below. These can help you, and your child, change those behaviors.<br><br><br><br>FINALLY:<br>What would you LIKE the behavior to be? Come up with a _reasonable replacement behavior_, stated positively (without using 'no', 'don't' or 'stop').<br>_Example_: child leaves shoes in the doorway when they come home.<br>_What you want_: "Quinn will put their shoes away when they come home. "<br><br>**THESE are your target behaviors<br>for your incentive system.** | -<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>-<br>- | **Behavior 1 (old)**<br>-<br><br>**Behavior 1 (NEW)**<br>-<br><br>**Behavior 2 (old)**<br>-<br><br>**Behavior 2 (NEW)**<br>- |