

# The Why Behind the What: Seeing Behavior Through a New Lens

*Self-Reflection and Evaluation Tool*

## Understanding Behavior Functions (SEAT)

Over the past week, identify one challenging behavior you observed:

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Brief description of behavior:

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Which function did this behavior likely serve? Check all that apply:

- Sensory Stimulation (seeking or avoiding sensory input)
- Escape (avoiding tasks, people, or situations)
- Attention (seeking connection or feedback)
- Tangible Access (obtaining something desired)

What evidence led you to this conclusion?

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Rate your confidence in identifying the function:

Not Confident	Somewhat Confident	Confident	Very Confident	Extremely Confident
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## Response Strategy Application

How did you respond to this behavior?

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Based on the function you identified, your response was likely to:

- Increase the behavior
- Decrease the behavior
- Unsure

What would you do differently next time?

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### Affective Statements Practice

Think of a recent "telling" statement you made to a student. Write it below:

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Rewrite it as an affective statement using "I feel..." or "I am..." language:

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Rate how often you used affective statements this week:

Never	Occasionally	Moderately	Frequently	Always
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### Restorative Conversations

Did you have an opportunity to use the 5 restorative questions this week?

Yes

No

If yes, briefly describe the situation:

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Which restorative questions did you use? Check all that apply:

- What happened?
- What were you thinking at the time?
- What have you thought about since?
- Who has been affected? In what way?
- What do you think you need to do to make things right?

How did the student respond?

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What was the outcome?

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