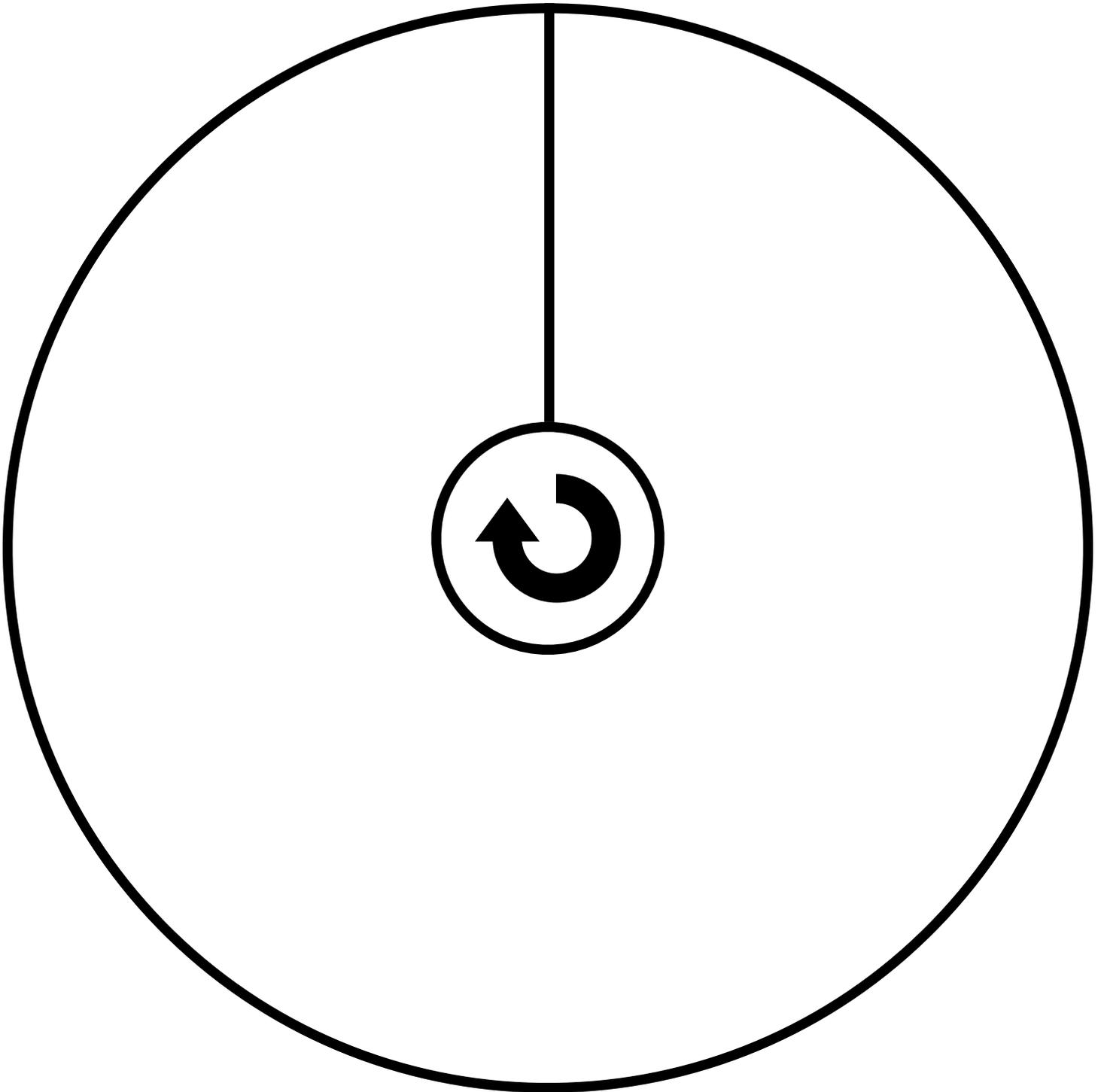


Behavior Wheel



Directions: Starting at the top of the circle, identify and write the steps of the pattern/cycle that keeps perpetuating itself. By adding spokes on the wheel, divide the circle into as many sections as needed to describe *exactly* what happens in the cycle of behavior. Be as precise and detailed in your description as you can, without any judgment. Then follow the directions on the back to analyze/reflect on your patterns and ways to change them.

