

Behavior Triggers

Purpose

Define and understand what is meant by Behavior Triggers

Learn about the different types of behavior triggers

Learn about common circumstances that increase the rate of triggered behaviors

Learn supportive ways of assisting an individual with anxieties that may trigger behaviors.

“Behavior Triggers” Breakdown

Behavior can be defined as the **actions** or **reactions** of a person or animal in response to **external** or **internal** stimuli

A **trigger** is something that sets off an action, process, or series of events such as fear, panic, anger, anxiety or agitation (Office of Mental Health in New York, 2011).

Behavior triggers=what makes you tick!

Precipitating factors: external and/or internal factors that influence a behavior (CPI, May 2018).



What are the different “types” of behavior triggers?

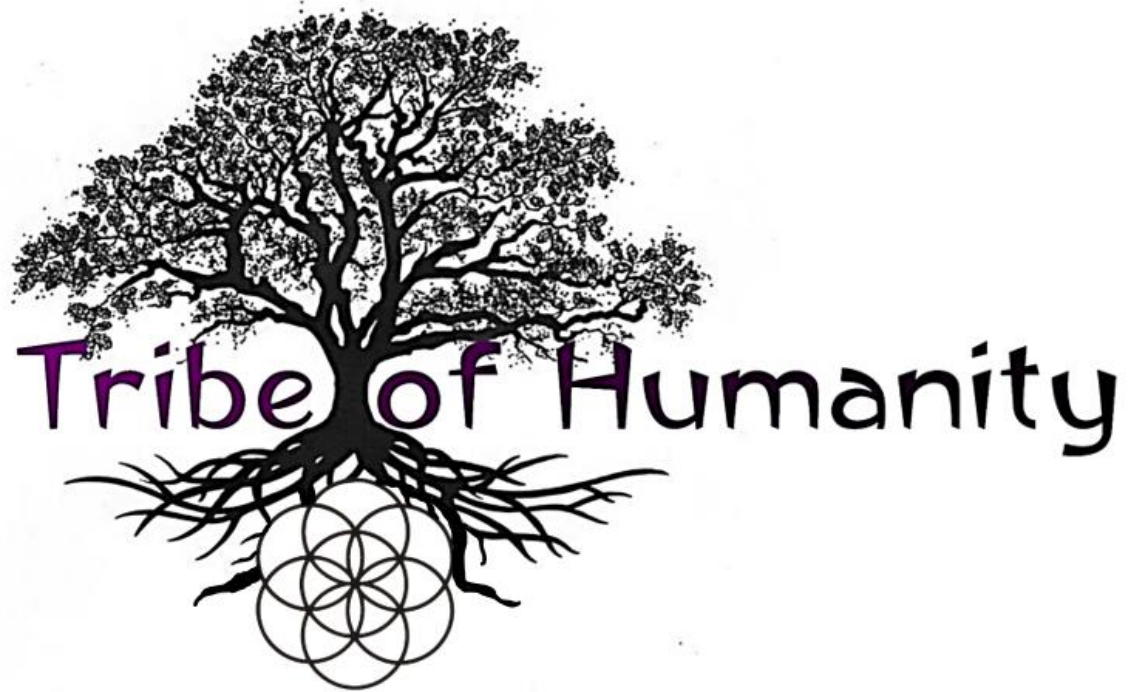
External- *The individual and others can be “observers”*

- 1. Sensory- requires the use of the 5 senses as detectors.*
- 2. Environmental- low/high temperature, low/high humidity, seasonal weather change, extreme weather, earthquakes, dangers (fight or flight reactions)*
- 3. Routine based- Getting thrown out of your daily routine can cause anxiety. People vary in sensitivity to their routines being changed. Individuals with developmental disabilities are more sensitive to alterations in their routine.*
- 4. Gestural/Verbal/Speech- What people say and how they non verbally communicate have a lot to do with triggering behaviors.*

What are the different “types” of behavior triggers?

Internal the individual is the only “observer”

1. *Sensory- this can be feelings of pressure (head ache), pain, lameness, burning, hunger, thirst*
2. *Chemical based (i.e. medication)- no medications have ever been studied long term in conjunction with one and other. Everyone has a different physiology. The same chemical amount can affect people very differently*
3. *Illness- the feeling of been sick can only be felt by the individual. Illness can feel like many different things ranging from sore throats to stomach pains.*
4. *Emotional State- moods can play into how easy emotions can be thrown around. Sometimes people carry a convincing “poker face.” Its also harder to determine the mindset of an individual who is non verbal or developmentally disabled.*



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