

20 'BAD' BEHAVIORS DECODED

Behind every challenging behavior is an unmet human need or underdeveloped skill

BEHAVIOR

UNMET NEED OR SKILL THAT NEEDS SUPPORT

Hyperactive =	Need for movement/sensory input
Talking back =	Needs to be heard/validated
Power Struggles =	Need for control
Defiance	Need for power
Whining =	Need for emotional expression
Ignoring =	Switching gears, auditory processing
Messy =	Needs help with motor planning
Crying =	Need for nurturance/comfort
Aggression =	Self-regulation or anxiety
Intense Emotions =	Self-Reg or Highly Sensitive Traits
Picky eating =	Oral sensory processing
Excessive talking =	Struggles with focus/anxiety
Fidgeting =	Needs movement/sensory input
Lying =	Impulsivity, Fear of rejection/disapproval
Interrupting =	Self-control/impulse control
Tantrum =	Emotional Regulation, Expressive Lang
Not listening =	Need for play/cognitive shift
Sibling Fights =	Need to express emotions/communicate
Unfinished work/jobs =	Struggles to focus/break down tasks
Teasing/unkind =	Need for power/Emotional expression