

Behavior Change Plan / Habit Reversal Plan

Scratching/ Picking Behavior:			
Signs that a scratching/picking behavior is going to occur:			
Type of Competing Response:			
Number of Times to Use Competing Response Each Day:			
Daily Reward for Success for Using Competing Response:			
Weekly Reward for Success for Using Competing Response:			
Potential Challenges and Solutions:			
Why do I want to reduce/minimize this scratching behavior?			
Confidence that I can reach my goals (1-10):			
Nonverbal signals (parent to warn my child that the behavior might occur soon)			
Verbal signals (parent to warn my child that the behavior might occur soon)			
Environmental Cues, Situations, Settings where Behavior Typically Occurs:	Potential Trigger: Behavior: Consequences:	Potential Trigger: Behavior: Consequences:	Potential Trigger: Behavior: Consequences: