

# Understanding ABA Assignment

Think about your own behavior. What are some things that you do regularly? Make a list of 5 behaviors you engage in on a daily basis.

- 1
- 2
- 3
- 4
- 5

Now use the table below to answer the following questions:

- Which behaviors are beneficial and which would you prefer to change?
- Why do you continue to engage in the behavior?

Behavior	Desirable or Undesirable?	Why Does It Continue?
<input type="text"/>		<input type="text"/>
1 <input type="text"/>		<input type="text"/>
2 <input type="text"/>		<input type="text"/>
3 <input type="text"/>		<input type="text"/>
4 <input type="text"/>		<input type="text"/>
5 <input type="text"/>		<input type="text"/>

# Understanding Your Child's Behavior

Now think about your child's behavior. What are some things that they do regularly? Make a list of 5 behaviors they engage in on a daily basis.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Now use the table below to answer the following questions:

- Which behaviors are beneficial and which would you prefer to change?
- Why do you think your child continues to engage in the behavior?

Behavior	Desirable or Undesirable?	Why Does It Continue?
1		
2		
3		
4		
5		