

## The *how* of behaviour

This form helps you to be aware of any areas where there may be a mismatch of behaviour in a meeting or consultation. It provides an opportunity to observe where you may experience differences or challenges when communicating with other individuals. Once completed this may be useful for reflection and self-development.

Aspect	Myself	Other person
<b>Activity Level</b> – amount of physical movement <i>High/Low</i>		
<b>Rhythm</b> – regularity of physiological functions <i>High/Low</i>		
<b>Reaction to New</b> – the initial response to something new <i>Approach/withdraw</i>		
<b>Adjustment to change</b> – how easy is it to adapt to a new environment? <i>Easy/Difficult</i>		
<b>Threshold to response</b> – how much stimulation is needed to evoke a response? <i>High/Low</i>		
<b>Intensity of a reaction</b> – what is the energy level of the response? <i>High/low</i>		
<b>Mood</b> – amount of pleasant and friendly 'v' unpleasant and unfriendly behaviour <i>Pleasant/moody</i>		
<b>Distractibility</b> – how much does the external environment interfere with ongoing behaviour? <i>High/low</i>		
<b>Attention Span</b> – the length of time an activity may be pursued. <i>Long/short</i>		

Adapted from: Steele, 1991; National Organisation for Human Services 2011.