





	Consistent Strength	Sometimes Strength	Depends	Sometimes Difficult	Consistently Difficult
<andling feelings k hen angry or frustrated					
<andling feelings k hen annoyed					
<andling feelings k hen nerj ouszk orriedzor anl ious					
<andling feelings k hen disappointed or sad					
Hhin_ing aVout k hat might happen Vefore doing something					
Dausing Vefore they respond					
K aiting for something they k ant					
6eing energetic at the right time/getting energy up k hen el pected to					
6eing calm at the right time/calming dok n k hen el pected to					

Cognitij e : lel iVility S_ills	Consistent Strength	Sometimes Strength	Depends	Sometimes Difficult	Consistently Difficult
<andling changing from one actij ity to another					
I nderstanding that things can Ve “_ind ofz” rather than all one k ay or all the other/seeing “shades of gray” rather than only “Vlac_ / k hite”					
magining different k ays things could happen in the future					
<andling changes to a routine or rule					
<andling nek situations or unclear ansk ers f6"q"z “=donfi _nok “Ł					
Changing their mind if offered a different idea or solution					
I nderstanding k hy a plan may need to change					
Bot ta_ing things too personallyzel aggeratingz or thin_ing things are k orse than they are					

Social Thinking Skills	Consistent Strength	Sometimes Strength	Depends	Sometimes Difficult	Consistently Difficult
Paying attention to what others are saying or doing					
Understanding what other people mean from the way they behave or talk					
Starting and having conversations with others					
Getting other people's attention in positive ways					
Understanding how their behavior makes other people feel					
Understanding what other people think of them and their behavior					
Understanding other people's points of view					

## PLANNING STEPS

**First**, decide which problem to solve right away using Plan B. To help you decide, answer both questions below.

Do you have a good relationship?  
Can they tolerate some stress?

**YES** to both?

Start with the Problems that cause the most frequent or severe challenging behavior.

**NO** to either?

Start with the easier Problems, ones that you feel most flexible about, or ones they are most invested in.

**Next**, for Problems that are not solved with Plan B right away...

- Choose Plan A if trying to get your expectation met is more important than reducing challenging behavior.
- Choose Plan C if reducing challenging behavior is more important than trying to get your expectation met.

**Then**, after a Problem is solved using Plan B, choose a new Problem to solve from those marked Plan A or C.

