

# *decoding* **Distressful Behaviors**

Look at the person's body language and behavior.  
What do you think they are trying to communicate?

Communication Challenges	The Environment	Physical Changes (such as pain)	Unmet Social and Emotional Needs
<input type="checkbox"/> Trouble finding the right word(s)	<input type="checkbox"/> Too much noise or too quiet	<input type="checkbox"/> Too hot	<input type="checkbox"/> Feeling disconnected to a sense of purpose
<input type="checkbox"/> Words, sentences and thoughts being jumbled	<input type="checkbox"/> Lack of structure or routine	<input type="checkbox"/> Too cold	<input type="checkbox"/> Sensing a loss of control or choice
<input type="checkbox"/> Not being easily understood	<input type="checkbox"/> Too much clutter	<input type="checkbox"/> Tired	<input type="checkbox"/> Feeling bored
<input type="checkbox"/> Leaving thoughts hanging in mid-sentence	<input type="checkbox"/> Room is too hot or too cold	<input type="checkbox"/> Hungry	<input type="checkbox"/> Feeling unworthy
<input type="checkbox"/> Replacing words with nonverbal communication such as sounds, gestures, or facial expressions	<input type="checkbox"/> Poor lighting	<input type="checkbox"/> <b>Pain:</b> Pain may be exhibited with non-verbal cues or behaviors such as:	<input type="checkbox"/> Feeling disconnected from others
	<input type="checkbox"/> New or confusing surroundings	<input type="checkbox"/> Agitation	
		<input type="checkbox"/> Aggression	
		<input type="checkbox"/> Crying	
		<input type="checkbox"/> Gestures	
		<input type="checkbox"/> Moaning	
		<input type="checkbox"/> Restlessness	

## questions to ask:

What happened right before you saw the distressing behavior?: \_\_\_\_\_

How did you react to the behavior?  
Did your action make the behavior better or worse?: \_\_\_\_\_

What do you think you could do in the future to prevent the behavior? : \_\_\_\_\_