

## Instructions for completing a simple behavioral graph

Presenting a therapist with a visual method of understanding a person's behavior helps communicate information in a concise and objective way. To the extent that you can include all relevant events in the individual's life, this makes understanding that information that much easier. The following steps should help you create this graph with little difficulty.

### Procedure

1. Get graph paper or use the attached grid. On the vertical axis, label the behavior you are counting (e.g., hitting own head, biting, etc). On the horizontal axis, label the time period you are looking at (e.g., hours, days, weeks, months).
2. On the raw data sheet, count the number of times a specific behavior occurred in the time period you are concerned with (e.g., 18 head-hits in a week, 4 acts of aggression in a day, or 6 biting episodes in a month).
3. Referring to the vertical (frequency) and horizontal (time) axis, find the proper place to put a dot representing the number of times the behavior occurred in that time period.
4. Over time, connect the dots to indicate any trend that is occurring.
5. Place a written annotation and an arrow on the graph to indicate when other events occur that may impact behavior, such as the illness of a parent or other caregiver, a change in residence, work environment or school, an increase or decrease in medications, a cold or other illness, etc.
6. Update the graph on a regular basis to keep things current and to know what is happening!

### Raw Data

Day	Self-hitting	Biting
1	13	0
2	8	2
3	5	0
4	8	0
5	6	3
6	7	0
7	8	0
8	6	0
9	11	4
10	5	2
11	2	1
12	3	1
13	2	0
14	4	1
15	1	0
16	0	0
17	1	0
18	2	0
19	3	1
20	0	0

