

# Steps for completing the Behavior Analysis

## **1. Explain the document to the youth.**

Tell the youth why the document is being completed. You are hoping to gain an understanding of how and why the youth ends up in situations that lead to potential legal troubles. You are also hoping that, in completing the document, the youth will be able to see some problem areas to work on.

## **2. Have the youth complete the document.**

Tell the youth to fill out the document completely, adding as much detail as possible. You also want the youth to think about the precipitating event in the process. Sometimes a single suggestion or event sets in motion a chain of events that leads to trouble.

## **3. Review the completed document.**

Take time to review the document looking for trends. Again be sure to focus on people, places, things, thoughts, and situations that occur two or more times.

## **4. Interview the youth.**

Get some additional details from the youth about what has been completed. This line of questioning should involve the areas listed above: who were you with, what was the initiating event for the risky behavior, what were your thoughts and emotions, etc. (See *BA Interview Guide*)

## **5. Ask the youth what trends he or she sees and whether the results help identify anything he or she would like to work on.**

Give the youth the opportunity to review what he or she has written to identify any patterns in when she engages in risky behavior.

## **6. Begin developing, with the youth, targets to change in an effort to reduce risk.**

Using a collaborative process, begin to identify targets to change in order to reduce the youth's risk. It is a good idea to allow the youth to comment on what you have identified; also be sure to incorporate what the youth has identified. Try to focus on major risk factors rather than minor ones.