

## BEHAVIOUR INTENTION NEED RESPONSE

1. Brainstorm behaviours we find challenging, irritating, annoying, frightening etc
2. Identify the likely **intention** for each behaviour.
3. Rewrite this intention as a positive intention a **"Gold" Quality World** image for the person doing the behaviour
4. What is the **underlying need** that this person is trying to satisfy? This will be a guess.
5. We can then respond to the **intention** instead of the **behaviour**.

'Challenging' behaviour	Intention	Intention framed positively	Need	Response