

Behavior Mapping: Needing Help at Work

This is an example of a behavior contingency map for needing help at work when a coworker is busy. It helps learners see how positive choices can lead to desired outcomes while negative choices can lead to undesired outcomes.

Be sure to check out the blank template to create your own personalized behavior contingency map and other examples on the [Resource Gallery of Interventions](#) page.

When my
coworker is busy
and I need help



I can wait until
my coworker is
not busy and
then ask for help



I get the help I
need, and no
one is upset



I can yell the
coworkers name
repeatedly



My coworker can
get upset with
me and may not
help me

