

Behavior Mapping: Blank Template

Directions for Use

Using images, symbols, or written words, you can create your own personalized behavior contingency map using the 5-square blank template. Start by identifying a specific behavior that typically causes challenges or needs improvement and provide it in the far left square. In the two squares branching to the top right, provide positive choices representing things the person can do that are more appropriate or helpful responses to the situation. In the two squares branching to the bottom right, provide behavior choices that are less appropriate or unhelpful responses that may lead to negative consequences.

This visual layout helps show how behaviors can lead to different outcomes based on the choices made, encouraging reflection and better decision-making.

Options for use

1. Print a blank paper copy and laminate it for use with a wet erase marker or attachable/detachable images, symbols, or words
2. Print a blank paper copy and put it into a clear sheet protector for use with a wet erase marker
3. Fill in and share the document digitally

