**Northeastern Family Institute**

*Bringing Vermont Children, Families, and Communities Together*

**The Family Center: Outpatient Mental Health**

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Misbehavior vs. Stress Behavior Worksheet

|  |  |  |  |
| --- | --- | --- | --- |
| **Student Initials:**  **\_\_\_\_\_\_** | **Misbehavior**  (submit and admit) | **Stress Behavior**  (survival based) | **Strategies to reduce stress with/for this student**  **(Do For—Do With—Do Alone)** |
| **Name it…then reframe it** |  |  |  |
| **Child’s Intention/ Motivation** |  |  |  |
| **Adult’s Intention/ Motivation** |  |  | **2.** |
| **Primary Skill Deficit/ Unmet Need** |  |  |  |
| **Child is feeling…** |  |  | 3. |
| **Adult is feeling…** |  |  |  |