

One behaviour, many meanings



We can't assume a behaviour has the same meaning for everyone. Understanding **why** we're seeing a behaviour helps us to offer effective support.



Frustrated?

☐

Worried?

☐

Overwhelmed?

☒

Embarrassed?

☐

Angry?

☐

Scared?

☐

Hurt?

☐

Rejected?

☐

Tired?

☐

Jealous?

☐

Lonely?

☐

Hungry?

☒

Confused?

☐

Something else?

☐