

Assessment and Plan for Behavioral Healing

Name: _____ Date: _____

Person Competing Assessment: _____

1. What is the behavioral issue that has arisen?

2. Describe any possible triggers:

3. In what ways is this person possibly not feeling safe?

4. What is needed for this person to feel safe?

5. Are there any connections or relationships that this person has recently lost?

6. What connections are important to this person?

7. What connections does this person need or want but not have?

8. In what ways is this person powerless?

9. In what ways do they perceive themselves as powerless?

10. What is needed for this person to have a sense of power or control over his or her life?

Healing Plan

1_ Triggers to be taken away or avoided:

2. Components of safety needed to be present:

3. Connections that are critical to establish or maintain

4. Plan for establishing or maintaining these connections:

5. Plan for taking control over significant (small or large) aspects of life:

This can be used as an immediate tool for intervention when an issue arises. It is best done by involving the team and creating a unified sense of support for the individual. Rather than shame the person about whatever behavior might have occurred, the person can be elevated to a sense of agency by regaining the much-needed control.