Example of Using the "Trigger → Behavior → Response" Chart

We are used to explaining and reasoning with others. A person with memory problems can no longer understand or engage in what is considered logical reasoning. So it is up to you to find ways to either change the "trigger" or your "response" if you want to better manage the "behavior." Using the same example, the following shows how the behavior was better managed _after_ changing the trigger and the response:

Date/ Day of week	Time	Person(s) Present	Trigger →	Behavior →	Response	The strategy I used to change the behavior was:
		Father and Son	Lamp cable lying on the floor.	Father had hallucinations and thought it was a snake. So he got very anxious and was yelling.	* Not argue with the father. * Stayed calm and reassured the father. * Distracted father to another activity.	* Provide reassurance. * Distraction - wheel father out of the room and get juice. * Hide the cable. **What happened after you used this strategy?** Father calmed down.