

**Module A, Section 3 Activity**

This exercise is to give you practice *hearing* what people with disabilities might be saying to you with their behavior. David Pitonyak is an expert in the field of disabilities and working with people with concerning behaviors. His article discusses this topic and these examples in detail is attached as an additional resource for you. When you've completed this worksheet, feel free to review his article to see how intuitive you were in recognizing behaviors as communication. Article: *10 Things you can do to Support a Person with Difficult Behaviors* , David Pitonyak

Read the scenario and place an "X" in the box you think most closely describes what the person is saying with their behavior.

	I'm lonely	I'm bored	I have no power	I don't feel safe	You don't value me	I don't know how to tell you what I need	My ears hurt
Gloria has a "severe reputation." People from all over the state have heard stories about her terrible tantrums. No ones knows that she is a very caring person who worries about environmental issues. The only part of Gloria people pay attention to is her problem behaviors.							
Michael's older brother was invited to a friend's house for a sleep over, but Michael was not invited because he goes to a 'special' school 35 miles away. Michael has no friends to play with and most people look at him strangely.							
Conrad uses a wheelchair and is not able to defend himself adequately from attacks by another man. Conrad worries that he will be hurt and often cries when left alone. Staff think he has a psychiatric illness.							

	<i>I'm lonely</i>	<i>I'm bored</i>	<i>I have no power</i>	<i>I don't feel safe</i>	<i>You don't value me</i>	<i>I don't know how to tell you what I need</i>	<i>My ears hurt</i>
John likes to sit down on the sidewalk when the bus arrives to take him to work. His mother becomes very angry and tells him there will be no dessert when he gets home. John laughs when the bus driver threatens him with consequences.							
Walter hits his ears with his fists. His job coach wants to stop this and wrote a behavior plan for 'not hitting'. Weeks later, at a scheduled doctor's appointment, it was learned that Walter had a low-grade ear infection. Antibiotics cleared up the infection and Walter has stopped hitting his ears.							
June does not know how to use words or sign to let other people know what she was thinking. She lives in an institution where she learned that the best way to get people's attention was to bite people's arms. It hurts, but it is the only thing that "works."							
Roberta's sister is a doctor at the local hospital. She has her own house and is her parent's pride and joy. Roberta works all day at a sheltered workshop where she packages plastic forks and knives. She lives at home and is tired of packaging. She wants to get a real job. Roberta's case manager says she day dreams too much.							