Phases of the Acting-Out Cycle

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Phases** | **Description of Behaviors** | **Supporting Strategies** |
| Calm  *Prevention* |  |  |
| Trigger  *Prevention* |  |  |
| Agitation  *Interruption* |  |  |
| Acceleration  *Response* |  |  |
| Peak    *Response* |  |  |
| De-Escalation  *Follow-Up* |  |  |
| Recovery  *Follow-Up* |  |  |