**STAR Behaviour analysis chart**

**SETTING TRIGGER ACTION RESULT**

**Settings** are defined as the general contexts in which behaviour occurs. They determine the individual's motivation to achieve, and work for, results which might be available to him at any time. Every attempt is made to find out why the behaviour arose initially. Settings can be internal or external to the individual.

The external influences might be:

● life events (e.g. loss, change, trauma, abuse); ● current social climate (e.g. deprivation of relationships, conflict and hostility, lack of control, unnecessarily strict control); ● current activities (e.g. level and type of stimulation, access to desired activities); ● current physical climate (e.g. noise level, temperature, levels of lighting).

Internal and personal influences may include, a lack of self esteem; anxiety states; sadness and depression; boredom; communication problems; pain; tiredness and poor physical health; disordered thinking; a lack of social understanding; an inability to occupy self; an so on.

**Triggers** are defined as the particular signals which set off specific actions. They occur just before the behaviour and either increase a personal want, suggest a likely threat, or signal the availability of a desired reward. Examples include a change in activity, a new instruction, a high noise level, a memory of an event, the presence of a person who always responds in the desired way. The emphasis on triggers in the STAR approach reflects the increasing emphasis upon stimulus control in behaviour modification.

**Actions** are the challenging behaviours themselves. The STAR approach emphasises that the challenging behaviour must be defined in term of observable behaviours.

**Results** are the consequences which immediately follow the challenging behaviour. Results may be positive, negative or neutral.

The first crucial step is to clearly define in terms of observable behaviour the behaviour which causes concern. Some behaviours may occur as a cluster, e.g. a temper tantrum may include spitting, screaming, self-injury. Therefore, a decision has to be made whether to describe the behaviours as separate behaviours or as a group. Several behaviours may form a progressive sequence escalating in intensity and, therefore, a description of the sequence will be necessary.

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**RECORD IN THE FOLLOWING ORDER Settings Actions Results Trigger**

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| --- | --- | --- | --- | --- | --- | --- |
| Date | Time | Settings- where did the behaviour happen | Trigger – what happened immediately before the behaviour | Action – what is the behaviour being shown | Result – what happened as a result of the behaviour +ive, -ive or neutral | comments |
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