Right-Brain Behavior Reflection Think Sheet

Instructions: Please take a few minutes to complete this think sheet. Be authentic with your answers. We will use your responses to discuss your behavior.

What is happening (circle all that apply)



- Mood swings
- Emotional outbursts
- Missing deadlines
- Chaotic behavior
- Dysregulation
- Avoidance

- Aggression
- Zoning out
- Procrastination
- Resisting help
- Hasty decisions
- Feeling stress
- 1. What are you struggling with? Explain.

2. What is triggering this situation?

3. How is this situation impacting your learning?

4. What can we do to support you?