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# www.behaviourzen.com

**CONSULTANCY**

**WORKSHOPS**

**RESOURCES**

**Apps**

- Behaviour Zen (Web based)
- Rainbow of Emotions (iPad only)

**Books**

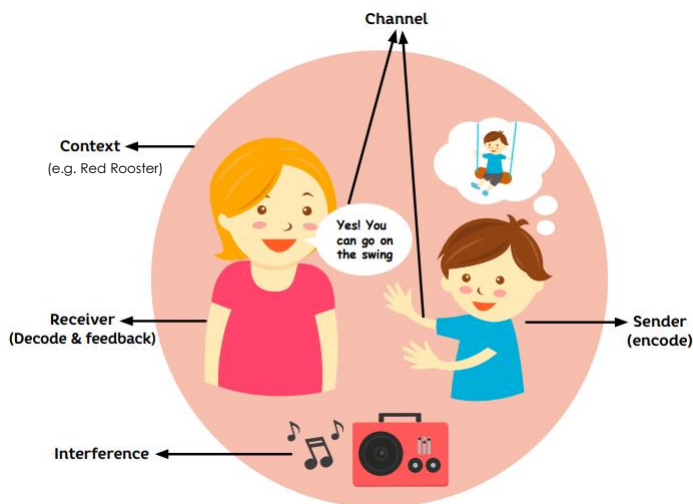
- Bhargava, D. (2018). Positive Behaviour Support Strategies for Students with ...  
 Oppositional and defiant      ADHD      ASD      Anxiety      Aggressive
- Bhargava, D. (2014). Taking CHARGE of my Rainbow of Emotions. Shawnee Mission, KS: Autism Asperger Publishing Company. (Silver Winner – National Parenting Publications Award America)
- Bhargava, D. (2018). Being Cyber Safe and Cyber Smart: Student Workbook/Teacher Guide. Perth, Behaviour Zen

**ACT TQI and NSW NESA APPROVED ONLINE SERIES**

- Guiding the Development of Emotional Regulation Skills
- Positive Behaviour Support Strategies Series for Students:  
 Oppositional and defiant      ADHD      ASD      Anxiety      Aggressive

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# Communication



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# Challenging Behaviour

## Communicative

- Is it the individual's way of telling us something

## Learnt

- It is a consequence of previous experiences
- Is this the only behaviour the individual has to react to the situation?

## Effective

- It works for them

## Functional

- It does something for the person



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When you plant lettuce, if it does not grow well, you don't blame the lettuce. You **look into the reasons** it is not doing well. It may **need** fertilizer, or more water, or less sun. You **never blame** the lettuce. Yet if we have problems with our friends or our family, we blame the other person. But if we know how to take care of them, they will grow well, like lettuce. Blaming has no positive effect at all, nor does trying to persuade using reason and arguments. That is my experience. No blame, no reasoning, no argument, just understanding. If **you understand**, and **you show that you understand**, you can love, and the **situation will change**.

Thích Nhất Hạnh (Buddhist priest)

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## Thankyou for listening!

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