

# The BDA

Time/ Date/ Day of week	BEFORE	DURING	AFTER

1. The first step is to fill out what the difficult behavior was.  
Be very specific and detailed. No vague terms.  
Identify exactly what they did or said
  
2. Next, fill out what the first three columns: date, time and day
  
3. So what happened just BEFORE (Trigger)?  
Triggers could be any of the following:
  - An **event\_or activity**, such as *noise* or a *demand* that is being placed on the person (e.g., bathing)
  - General things** that affect a person for a long period of time (e.g., time of day, season, and/or physical illness)
  - Cues** in the environment, such as keys to the car or the presence of another person
  
4. What was the reaction to the difficult behavior?  
What you do, how you feel  
What the person who you are caring for does.  
In other words, what happens after the behavior?