

Settings, Triggers, Actions and Results (STAR)

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.

External influences might be:

- life events (eg loss, change, trauma, abuse);
- current social climate (eg deprivation of relationships, conflict and hostility, lack of control, unnecessarily strict control);
- current activities (eg level and type of stimulation, access to desired activities);
- current physical climate (eg 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.

Triggers are 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.

Actions are the *challenging behaviours* themselves. 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.