

ODD Therapy Worksheets

Name:

1. Personal Reflection:

- Describe a recent situation where oppositional behavior occurred.
- Identify emotions experienced during the situation.
- Reflect on the triggers or factors that may have contributed to the behavior.

2. Communication Analysis:

- Assess the effectiveness of communication during the incident.
- Identify alternative ways to express feelings and needs positively.

3. Behavioral Patterns:

- List recurring patterns of oppositional behavior.
- Explore potential consequences of these behaviors on oneself and others.

4. Collaborative Strategies:

- Brainstorm strategies for managing oppositional tendencies.
- Consider involving family members, caregivers, or therapists in implementing these strategies.

5. Goal Setting:

- Set short-term and long-term goals for behavior improvement.
- Define specific, measurable, achievable, relevant, and time-bound (SMART) goals.

6. Positive Reinforcement:

- Identify positive behaviors to reinforce.
- Establish a reward system to encourage positive changes.

7. Feedback and Progress Tracking:

- Seek feedback from others involved in the individual's care.
- Use a tracking system to monitor progress over time.