Social Behavior Mapping: 10-Step Visual Guide

💬 = Tips for what to say

PRIME & EXPOSE 💬 This is a sort of road map that shows how behaviors affect how people might think, feel, and act. It's a *Social Behavior Map*

#1 Define Situation & People Generate a situation and define the type of people present. Write it on the map. Go to #2.

#3 Expected behaviors* based on the situation and people. **Write in positive terms*

💬 (Point to box #2) If [read behaviors 1, 2, 3] are **unexpected** behaviors, then the opposite would be **expected** behaviors. What behaviors might be the opposite?

#4 Connect Expected behaviors to thoughts or feelings to self/others
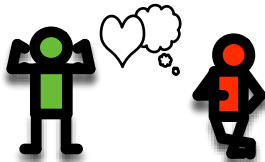
💬 (Point to box #3) If a person [read **expected** behaviors 1,2,3], how do you think others might feel? How would you feel?

#5 Connect feelings to possible actions or reactions

💬 (Point to box #4) So if someone felt [read feelings 1, 2, 3], how might they act or react based on those feelings?

#6 Connect actions or reactions back to feelings (or thoughts)

💬 And then, if someone [read actions/reactions 1, 2, 3 from box #5], how might the person who those (re)actions were directed towards feel?

#2 Unexpected behaviors based on situation and people

💬 So, for [situation] when [people] are around, what are some examples of what someone might do or say that would be **unexpected** behaviors?

#7 Connect Unexpected behaviors to thoughts or feelings self/others

💬 (Point to box #2) If a person does [read **unexpected** behaviors 1, 2, 3], how do you think others might feel? How would you feel?

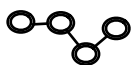**#8 Connect feelings to possible actions or reactions**

💬 (Point to box #7) So if someone felt [read feelings 1, 2, 3], how might they act or react based on those feelings?

#9 Connect actions or reactions back to feelings (or thoughts)

💬 And then, if someone [read actions/reactions 1, 2, 3 from box #8], how might the person who those (re)actions were directed towards feel?

#10 Circle & SUM IT UP!

Top of map: So, in **[situation]** with **[people]**, if someone does **[circle 1 expected behavior]** others might feel **[circle 1 feeling]** and they might **[circle 1 action/reaction]** which could make the person who was the focus of those actions feel **[circle 1 feeling].**

BUT…(Bottom of map) If someone does **[circle 1 unexpected behavior]** others might feel **[circle 1 feeling]** and they might **[circle 1 action/reaction]** which could make the person who was the focus of those actions feel **[circle 1 feeling].** You've figured out the social emotional chain reaction!

🛑 STOP If the person is unable to generate examples with your tips, prompts, and examples on any step of the map, then stop and teach basic concepts and vocabulary from the Social Thinking Methodology (e.g., attention to situation/people, thoughts and feelings, etc.).

⚡ **REMINDER:** Teach through the perspective of the client as the observer first before teaching about self control or behavior change!