## One behaviour, many meanings



We can't assume a behaviour has the same meaning for everyone. Understanding why we're seeing a behaviour helps us to offer effective support.



Frustratea?	worried?	
Overwhelmed?	Embarrassed?	
Angry?	Scared?	
Hurt?	Rejected?	
Tired?	Jealous?	
Lonely?	Hungry?	
Confused?	Something else?	