

ACT Limit Setting Practice

Behavior: _____

Need: _____

A: _____

C: _____

T: _____

.....

Behavior: _____

Need: _____

A: _____

C: _____

T: _____



“If You Choose” Limit Setting Practice

If you choose (desired behavior) to continue to hit me
then you choose (desired outcome) for us to leave the park..

If you choose (undesired behavior) to be kind to me
then you choose (undesired outcome) to stay at the park and play together.

Which do you choose?

.....

If you choose (desired behavior) _____
then you choose (desired outcome) _____

If you choose (undesired behavior) _____
then you choose (undesired outcome) _____

Which do you choose?

.....

If you choose (desired behavior) _____
then you choose (desired outcome) _____

If you choose (undesired behavior) _____
then you choose (undesired outcome) _____

Which do you choose?