Cycle of Escalation

PEAK

The student is reacting from the feelings portion of the brain; loss of rationale thinking occurs; survival is the main focus; student may be a danger to themselves or others Feelings-driven Fight/Flight/Freeze Illogical Concrete

Downstairs Brain Survival focused

Upstairs Brain Emotionally regulated Controlled Organized Rational Logical Abstract Empathetic

DE-ESCALATION

Behaviors begin to decrease in intensity

RECOVERY

Behaviors are no longer present; student is recovering from the experience

ACCELERATION

Behaviors intensify; non-compliance and refusal are common

AGITATION

Low-level signals that behaviors may escalate; physical restlessness

TRIGGER

CALM Not showing or feeling nervousness, anger, or other strong emotions

BASELINE

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Inspired by the work of Dr. Dan Siegel, Dr. Tina Payne Bryson, Leah Kuypers, Kari Dunn-Buron, and Geoff Colvin

BEHAVIOR INTENSITY

low

high