



## Perseveration Action Plan

The Perseveration Plan worksheet is helpful in gathering information about the client's cycle of perseveration. Identify any common themes or feelings. Use this information to help devise a plan for recognizing challenging perseverations and replacing unhealthy thoughts with healthy alternatives. Discuss any stimulus or situations that might need to be avoided to help reduce stress or other unpleasant feelings that result in perseverating behaviors.

During the session, introduce the topic of perseveration with the client and help the client define behavior in observable terms (e.g. what does it look like, sound like, etc.). Do this exercise in session with the client to be sure of understanding. Consider making additional copies of this exercise to send home with the client. Ask client and caregiver to identify any additional perseveration behaviors over the next week and fill out a worksheet each time a new perseveration behavior is experienced. Review the worksheet at next session and as often as needed to measure progress.



# Perseveration Action Plan

---

Do you experience repeating or perseverative thoughts that get you off task? Use this worksheet to help identify preservative behaviors that interrupt or distract you. Review with your therapist and caregiver to reflect on how these behaviors look and feel. Then discuss how these behaviors may look and feel to others around you.

What am I repeatedly doing?

*(e.g., asking a question, repeating a phrase, repeating a thought, stuck on a feeling, banging, pacing)*

What feeling do I have?

*(e.g., anger, sadness, fear, frustration, worry)*

Where do I experience this feeling inside my body?

*(e.g., belly, back, neck, shoulders, face, hands, feet)*

How are others reacting to me?

*(e.g., answering my questions, asking me to stop, placing their hands on my body, wrapping me in a hug, yelling at me, ignoring me)*

What feelings do others have about this behavior?

*(e.g., worry, frustration, anger, happiness, disappointment, fear, annoyance)*

How long and how often have I been doing this behavior?

*(e.g., for how many minutes, how many times repeated?)*