

Perseveration Information

Complete the questions below to gather more information about perseverating behaviors. This activity may be completed in session and at home. Use this activity during or after an episode of perseveration to help devise a plan for moving forward. Repeat the exercise as needed and highlight the pattern, triggers, and helpful strategies.

What is the perseverating behavior?

What is the feeling that causes this behavior?
(e.g., stress, worry, fear ...)

What does the client gain from this behavior? How is this behavior soothing?

List a healthier alternative behavior/activity that will provide the same comfort.

When should there be a stopping point?

How are others responding/reacting to this behavior?