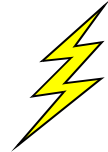


Phases of the Acting-Out Cycle

Geoffrey Colvin, 1992

1. **Calm:** When students are on task, follow rules, and expectations. They respond positively to praise and other forms of recognition. They comply with suggestions and correction.

2. **Trigger:** Something happens that is anxiety provoking or discomforting to the student.



3. **Agitation:** An increase or decrease in behavior indicates agitation. The student is getting more and more upset.

4. **Acceleration:** Student is looking for ways to draw other people, peers or adults, into a struggle. This works to put the student in control of the situation.

5. **Peak:** In this phase there is often serious property destruction, physical assault, self- injury, hyperventilation, or a severe tantrum.



6. **De-escalation:** This phase is typically characterized by student showing signs of confusion, withdrawing, denying anything happened, or blaming others. They may seem more responsive to redirection or willing to engage in a simple task.

7. **Recovery:** This is the final phase of the Acting-Out cycle. The student may defensive or try to avoid discussing the incident. The student is likely to be relatively subdued. This is a period of regaining the equilibrium of the calm phase.

