

# Behavioral Expectations Worksheet

**Step 1** - Write out each of your expectations using the “video-camera” language provided in the examples. Write out any of your own expectations not given in the examples. Discard any examples that are not relevant to your teenager.

**Step 2** - Rate the priority and current compliance level of each expectation using the following guidelines:

*Priority:* How important is this expectation?

1 = low priority ←—————→ 10 = high priority

*Compliance:* How often does your teenager fail to comply with this expectation?

1 = usually complies ←—————→ 10 = rarely complies

**Step 3** - Add the ratings for each expectation. Use these ratings to decide which (if any) expectations need to be written out and clarified in your Expectations and Consequences List.

(EXAMPLE) EXPECTATION	Priority	Current Compliance
No items left on floor and bed made by [insert time] on [insert day(s)]		
No items left on bathroom floor, countertops and mirror wiped down by [insert time] on [insert day(s)]		
Lights out and in bed by [insert time] on [insert day(s)]		
Assigned homework completed by [insert time] on [insert day(s)]		
When going out, parents must be notified and agree to your destination and time of return		
Must be in the car and ready to leave for school by [insert time] on [insert day(s)]		
All house trash emptied and cans at the curb by [insert time] on [insert day(s)]		
Your clothes and other personal items must be removed from the [insert shared house space (e.g., living room etc.)] by [insert time] on [insert day(s)]		
No cursing, name-calling or giving direct orders to parents		
Must be home on school nights by [insert time]		
Must be home on weekend nights by [insert time]		
No smoking tobacco, e-cigarettes or other paraphernalia		
No use of alcohol or any other intoxicating substance or being present when being consumed by minors		
Other		
Other		
Other		