

# Internal Causes of Behaviours that Challenge

**Challenging behaviour might be caused by a variety of factors.**

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Some factors that lead to challenging behaviour may be external to the person. This refers to what is going on around the person at the time (environment) that causes challenging behaviour. Sometimes, challenging behaviour is caused by internal factors. In the following pages we will explain what these are.

## **What do we mean by internal causes?**

These are things that we cannot see as they are internal to a person. Internal causes related to challenging behaviour are usually two types. These are:

- [Pain and discomfort](#)
- [Sensory stimulation and sensory reinforcement](#)

**[NEXT: Pain and discomfort](#)**