

# Internal Causes of Behaviours that Challenge

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**Behaviours that challenge may be caused by a variety of factors.**

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

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

These are things that we cannot see as they are internal to a person. Internal factors related to behaviours that challenge are usually two types. These are:

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