

Formalizing Rules for Your Plan

DIRECTIONS. The eighth step to developing your self-management plan is to clearly state all rules for your plan and then to draft your behavioral contract.

First Things First – Addressing Potential Mistakes

First, address the following: What will you do if/when you make a **mistake** (e.g., recording, treatment administration, etc. error)? Be sure to list both the mistake and the plan to deal with it. Do not use punishment as a way to deal with a mistake as these can be innocent and are not linked to temptations.

Write Your Plan Rules

1. State any rules related to your behavioral definition.
2. State any rules necessary in relation to your goals. Do you have a timetable you would like to complete your plan by? If so, state it.
3. State any rules necessary in relation to your recording method and data collection. You could state a rule in relation to evaluating your progress, though we will cover this in Module 15.
4. State any rules necessary in relation to the strategies you have selected. There will likely be several here and a large group of them will involve the token economy which recall is a consequence focused strategy.
5. State any rules necessary in relation to your temptations and mistakes. These should be in If-Then format.

Please follow the formatting guidelines stated at the end of Section 12.4. In the end, you will have at least 20 rules. They should be bulleted with section headings and not in paragraph format.

Develop a Behavioral Contract

Using the information from this module, and the example I provided, write your behavioral contract. DO NOT copy the example and just modify it. Be sure you include any, and all, relevant information. This should only be about 2 pages in length. Sign and date it once done. An electronic signature is fine, especially in an online class. If you are turning in a hard copy, feel free to just print and sign.