

Module 10 Activities

Name - _____

Activity 1: Selecting Strategies

Over the previous weeks you were asked to state pros and cons for maintaining and changing the behavior, do the analyses, identify where in the process of change you were, offer a behavioral definition, establish goals, state a criterion, develop a recording plan, present the results of a hypothetical functional assessment, and develop a token economy for the following:

Scenario: Let's say you want to learn French before making a trip to Paris next summer (2022). How might you use a behavior modification plan to do this? Note that you have some basic knowledge from high school French but that was almost 10 years ago so you are rusty. You are concerned because you have a tendency to binge watch your favorite shows and so this could slow down your progress especially since you tend to give in to the desire to watch the show over completing a task. As well, you have never found learning a language to be a strength and are a bit doubtful about being successful. You tend to give up if frustrated, even just a little, and do not like to be challenged.

Its time to choose strategies for changing this behavior. You will do this in the same way you did for your personal project on the Selecting Strategies worksheet.

The purpose of this exercise is to practice choosing strategies. If you are not using a strategy, say why.

1 behavior = _____

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PART 1: Antecedent-Focused Strategies

Strategy	Sub-strategies or Talking Points	How will you use it or why are you not using it?
Goal Setting	You are required to use goal setting	Goal 1. Goal 2. Goal 3. Goal 4. Goal 5.
Antecedent Manipulations: - Be advised that you may use them more than once. - Identify the antecedent or consequence you are trying to modify clearly.	Presenting Cue for DB	
	Removing Cue for UB	
	Reducing Response Effort for DB	
	Increasing Response Effort for UB	
	Establishing Operation for DB	
	Abolishing Operation for UB	

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Generalization and Discrimination	How will you generalize beyond your primary situation? Are there situations in which you will not want to make the desired behavior?	
<p>Prompting:</p> <p>- Describe any prompts you will use in your plan. There is no need to include all four, or even any of them, but if you are using social support they will be helpful and are required for programming.</p>	Verbal	
	Gestural	
	Modeling	
	Physical	
Programming	Used in conjunction with Generalization	
Self-Instructions	Describe the specific self-instructions/ statements you will make to yourself as a reminder of your goal when you are tempted.	<ol style="list-style-type: none"> 1. 2. 3.

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	Write at least 3 of them.	4.
Social Support	If you are using social support, describe how it will be used. Who will be the support?	

PART 2: Behavior-Focused Strategies

Strategy	Sub-strategies or Talking Points	How will you use it or why are you not using it?
Shaping	Are you trying to create a new behavior? If so, your goal setting strategy will be a shaping strategy also.	
Fear and Anxiety Procedures – Generally used only in cases of maladaptive fear or anxiety	Relaxation Techniques – These techniques may be useful for general stress reduction or test anxiety	
	Desensitization (systematic and/or in-vivo)	
	Flooding	
	Modeling	
Habit Reversal	Used only if you are trying to reduce a habit behavior as defined in Module 8. Otherwise say “Not needed.”	

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Cognitive Behavior Modification	Cognitive Restructuring – Can be used to aid with removing maladaptive cognitions which may present a barrier to success	
	Cognitive Coping Skills Training	
	Acceptance Techniques	

PART 3: Consequence-Focused Strategies

Strategy	Sub-strategies or Talking Points	How will you use it or why are you not using it?
Token economy	Required for this project	Described in your proposal and final paper. See Planning Sheet 5 for details. No more detail needed here.
Differential Reinforcement – Be specific as to why you chose this DR procedure. What is your end goal? See the description above. Be careful not to misuse these strategies.	DRA	
	DRO	
	DRL	
	DRI	

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Self-Praise	How will you deliver your own PRs or NRs when you make the desired behavior?	
Social Support	The same as under antecedent, state who will give the support and in what way will they deliver consequences, both reinforcers and punishers.	
Punishment Procedures: Be specific as to why you chose to use the procedure(s) you selected and how reinforcement can be used in conjunction. If not used, just state so.	Time Out – not likely needed	
	Response Cost – often used in a token economy	
	Overcorrection (positive practice and/or restitution)	
	Physical Restraint	
	Guided Compliance	
	Contingent Exercise – you do not need to assign exercise if you fail to make the desired behavior.	

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Activity 2: Self-Reflection

How did what you learned affect your understanding of selecting strategies? How confident do you feel about being able to do this for your personal project on a scale of 1-10 with 1 being Not Confident and 10 being Highly Confident? What do you find challenging about this process, if anything?

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