

Module 11 Activities

Name - _____

Activity 1: Writing Rules

Directions:

You will practice writing rules for the following scenario:

Scenario: I am engaging in a behavior modification plan to spend less money when shopping at an electronics store.

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.
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 11.4. In the end, you will have at least 20 rules. They should be bulleted with section headings and not in paragraph format.

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My Behavior Modification Plan Rules

Behavioral Definition and Goals Rules

Method of Recording Rules

Strategies Rules

Temptations and Mistakes Rules

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Activity 2: Self-Reflection

How confident do you feel about being able to write rules 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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