



## Module 12-2 Activities

You will now share these hopes and concerns as a class. Write a list of what is shared by all.

| Greatest Hopes | Greatest Concerns |
|----------------|-------------------|
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How does this list compare with what you wrote down?

What psychological construct does this demonstrate?

## Module 12-2 Activities

### **PART 2**

What will you do if your plan does not work as expected? How might you feel?

### **PART 3**

Write yourself a few kind, understanding, words of comfort to help you deal with the possibility of failure, even if just a partial failure.

What psychological construct does this demonstrate (Parts 2 and 3)?

## Module 12-2 Activities

### Recording During the Treatment Phase

Figure 12.1: Sample ABC Chart and Journal

Treatment Phase: Day \_\_\_\_, Week \_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ AM PM

Observer: \_\_\_\_\_

Location: \_\_\_\_\_

|   |  |
|---|--|
| <b>Antecedents:</b><br><br>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior) | Description:<br><br>                                       |
| <b>Behavior:</b><br><br>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)                       | Description:<br><br>Behavior Count (see your goal) - _____ |
| <b>Consequences:</b><br><br>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)          | Description:<br><br>                                       |

#### Journal Entry

Encountered Temptations –

Mistakes –

Strategies –

Rules –

Recording Method –

Other Issues -

## Module 12-2 Activities

### Activity 2: Final Exam Practice

**Directions:** Using antecedent, behavior, and consequence focused strategies suggest specific strategies that can be used to change the behavior in question, whether increasing a deficit or reducing or eliminating an excess. Select all strategies that may apply to the scenario.

1. Your friend Betty knows you are taking this class and comes to you for help. She is not doing well in her courses because she spends little time studying. Every evening after supper, she spends time with her friends, talking, watching TV and videos, and playing games. She wants your advice as to how she can study more in the evening.

## **Module 12-2 Activities**

2. Chad is a 22-year old man with mild intellectual disability, has good verbal abilities, and can easily carry on a conversation and understand complex directions. He however has a problem with stealing from coworkers in the factory he works at. This typically occurs at break time and when no one else is around. Chad has been told he will lose his job if he does not stop stealing. Describe behavior modification procedures you would use to stop this behavior?