

Module 8 Activities

Name - _____

Activity 1: Food for Thought

How might a maladaptive cognition be the cause of a low self-efficacy rating and a greater likelihood of plan failure?

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Activity 2: Fear and Anxiety Procedures

1. Your friend has an unusual fear of snow, called Chionophobia. How might you suggest she modify this fear, outside of moving to the deep southwest where it generally never snows?

2. Outside of a fear of snow, a more powerful fear is that of Lygophobia or a fear of darkness. What strategies will you use to aid with overcoming this fear? It is likely that the strategies used with snow will be different with darkness.

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3. Jesse has a fear of heights. Whenever he looks out a window that is two stories or more above the ground, he experiences autonomic arousal. The higher he goes, the worse it gets. Jesse avoids heights as much as possible and this has had a negative impact on his life such as declining to go out with friends who were eating at a seventh-floor restaurant. What strategies will you use to decrease or extinguish this fear?

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Activity 3: Habit Reversal Procedures

1. Habit behaviors are quite common in our society, such as tapping one's foot while standing or sitting. How might you go about reducing or eliminating this behavior?

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2. Propose a competing response for the following habit behaviors:

- Grinding your teeth –
- Biting your lips –
- Stuttering the word statistics –
- Head tic –
- Arm jerking –

3. Tanya is a 5-year old who sucks her thumb during the day when she is watching tv or not actively engaged in an activity and then as she falls asleep and at intervals throughout the night. Describe strategies that can be used to decrease Tanya's thumb-sucking at night and during the day.

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Activity 4: Cognitive Behavior Modification Procedures

1. Your son died suddenly a year ago and you have blamed yourself since (note that there was nothing you actually did to cause it). How might you go about changing this maladaptive cognition?

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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 how you will use behavior modification procedures to stop this behavior?

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Activity 5: Self-Reflection

How did what you learned affect your understanding of the ways to change a behavior, by focusing on the behavior itself? What are you still confused about? Identify specific areas.