

Module 9-1 Activities

Name - _____

Activity 1: Token Economy Practice #1

Scenario:

Scenario: Let's say you want to make charitable acts more often since you hardly ever make any now. You have decided to engage in behavioral change to do so.

Target Behavior – Increasing Charitable Acts (Step 1)

Now consider how you will develop the token economy for this project.

Why – Identify the desirable behaviors you want to strengthen or problem behaviors you want to extinguish (create your **behavioral definitions**)? For our purposes, let's use the following:

1 behavior =

Establish your **goals** and **criterion** (do not have your plan exceed 8 weeks). Count behaviors too.

Goal #	Goal	# of Behaviors (Daily)	# of Behaviors (Weekly)	Criterion to Move to Next Goal or MP
1				
2				
3				
4				
5				
6				
TOTAL WEEKS FOR PLAN				

What – What will you use as **tokens**?

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Who will deliver tokens and “sell” the backup reinforcers? This may not be the same person.

I will and any time during the week

What – What **backup reinforcers** will you use? Include consumables, activities, tangibles, and privileges. Select more than one and rank them in order of importance/cost.

How – **How many** tokens will you give for engaging in the desired behavior? Be clear and consider your schedule (intermittent or continuous). See Table 1 below.

How much will the backup reinforcers cost? In other words, what is their price or exchange rate? See Table 2 below.

It is useful to create tables for your token economy and in your self-management project, you will be required to do so. The two tables you should use are:

- One for the **behaviors** and how many tokens they earn to include any extra points and non-contingent events.
- One for the **backup reinforcers** and how much they cost (exchange rate).

Complete the tables below. Use the space below to work out your thoughts on tokens and backup reinforcers before filling the tables. I provided a few rows for you to use. If you don’t need them all, that is fine. If you need more, just write below as best as you can.

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Table 1: Behaviors & Token Values

Behaviors	Tokens Earned

Extra Points	Tokens Earned

Non-contingent Events	Reward

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Table 2: Reinforcers & Cost

Reinforcer	Cost (Tokens)
TOTAL COST	

NOTE: You do not have to use all rows in Table 2 but you must have more than one backup reinforcer. Attempt to come up with 5 at a minimum and be sure they are of differing costs and different quality (low to high). The highest one can serve as an establishing reinforcer as well.

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Now figure out the **Max Tokens** using the Treatment Phase Token Log

	Week							
Day	1	2	3	4	5	6	7	8
1								
2								
3								
4								
5								
6								
7								
Extra Points by Week								
Weekly Totals								
Treatment Phase Total -				XXX				

Once done, add up the costs of all of your backup reinforcers. Compare this number to the max tokens earned. Is it less than this number? If not, you need to adjust your numbers. If the difference is too great, you may need to increase the cost of your back up reinforcers.

Max Tokens Earned –

Total Cost of Back up Reinforcers –

Difference - _____-; if this value is not positive, you have an issue

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When and Where – When and where are the tokens exchanged for the backup reinforcers?

How will you use **response costs**? Be sure to define the problem behavior(s) and the cost of making those behaviors?

How will you **terminate** the token economy?

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Activity 2: Token Economy Practice #2

Target Behavior – _____

Now consider how you will develop the token economy for this project.

Why – Identify the desirable behaviors you want to strengthen or problem behaviors you want to extinguish (create your **behavioral definitions**)? For our purposes, let's use the following:

1 behavior = _____

Establish your **goals** and **criterion** (do not have your plan exceed 8 weeks). Count behaviors too.

Goal #	Goal	# of Behaviors	Criterion to Move to Next Goal or MP
1			
2			
3			
4			
5			
6			
TOTAL WEEKS FOR PLAN			

What – What will you use as **tokens**?

Who will deliver tokens and “sell” the backup reinforcers? This may not be the same person.

What – What **backup reinforcers** will you use? Include consumables, activities, tangibles, and privileges. Select more than one and rank them in order of importance/cost.

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How – **How many** tokens will you give for engaging in the desired behavior? Be clear and consider your schedule (intermittent or continuous). See Table 1 below.

How much will the backup reinforcers cost? In other words, what is their price or exchange rate? See Table 2 below.

It is useful to create tables for your token economy and in your self-management project, you will be required to do so. The two tables you should use are:

- One for the **behaviors** and how many tokens they earn to include any extra points and non-contingent events.
- One for the **backup reinforcers** and how much they cost (exchange rate).

Complete the tables below. Use the space below to work out your thoughts on tokens and backup reinforcers before filling the tables. I provided a few rows for you to use. If you don't need them all, that is fine. If you need more, just write below as best as you can.

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Table 1: Behaviors & Token Values

Behaviors	Tokens Earned

Extra Points*	Tokens Earned

Non-contingent Events**	Reward
End of first week	
End of second week	
End of third week	
End of fourth week	
End of fifth week	
End of sixth week	
End of seventh week	
End of eighth week	

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Table 2: Reinforcers & Cost

Reinforcer	Cost (Tokens)
TOTAL COST	

NOTE: You do not have to use all rows in Table 2 but you must have more than one backup reinforcer. Attempt to come up with 5 at a minimum and be sure they are of differing costs and different quality (low to high). The highest one can serve as an establishing reinforcer as well.

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Now figure out the Max Tokens using the Treatment Phase Token Log

	Week							
Day	1	2	3	4	5	6	7	8
1								
2								
3								
4								
5								
6								
7								
Extra Points by Week								
Weekly Totals								
Treatment Phase Total -								

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Max Tokens Earned –

Total Cost of Back up Reinforcers –

Difference - _____-; if this value is not positive, you have an issue

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When and Where – When and where are the tokens exchanged for the backup reinforcers?

How will you use **response costs**? Be sure to define the problem behavior(s) and the cost of making those behaviors?

How will you **terminate** the token economy?

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Activity 3: Self-Reflection

How did what you learned affect your understanding of the token economy and its usefulness in a behavior modification project? How confident do you feel with the token economy on a scale of 1-10 (1 being 'No clue' to 10 'Got it')

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