

Behavior Modification (B-Mod)

Instructions & Example



BEHAVIOR MODIFICATION (B-MOD): A technique that uses rewards and consequences to shape or modify behavior based on B.F. Skinner's Operant Conditioning Theory.

SHAPING: A behavior modification tool that involves patiently rewarding behaviors that are close to the target behavior until the target behavior is achieved.

B-MOD CREATION RULES: **1) Keep it simple** - using no more than one page with simple language results in less nagging, reminding, or manipulating; **2) Keep it positive** - write expectations in positive terms and enlist kids to help determine rewards; and **3) Keep it consistent** - do not give rewards back too soon or fail to institute consequences - these errors result in longer extinction bursts.

B-MOD EXAMPLE

(Use the behavior here or choose the behavior you want to see increase in your child)

<i>Behavior</i>	<i>Rewards (Earnings)</i>	<i>Consequences (Losses)</i>
1. Be sober	<ul style="list-style-type: none">• Cell phone use• Peer privileges• Privacy (such as having a door)	<ul style="list-style-type: none">• Cell phone use• Peer privileges• Privacy (no door on room)• Emergency family session (earned this one)
2. Follow rules (includes doing chores)	<ul style="list-style-type: none">• Allowance• Cell phone use• Technology privileges	<ul style="list-style-type: none">• Allowance• Cell phone use• Technology privileges
3. Get good grades	<ul style="list-style-type: none">• Cell phone use• Technology privileges• New games or clothing	<ul style="list-style-type: none">• Cell phone use• Technology privileges• New games or clothing

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NOTE: For older children and teens, be less specific regarding how much time or how much of a reward they will lose. This allows the parent to match the intensity of the consequence with the behavioral infraction.

For example: If a child fails to follow a rule such as forgetting to take out the trash, a parent can set the consequences as loss of one technology device for 2 days. However, if the child fails to follow this rule two times in a row, a parent can increase the consequence to a loss of two technology devices for 5 days. Fit the consequence to the developmental needs of the child but be consistent.

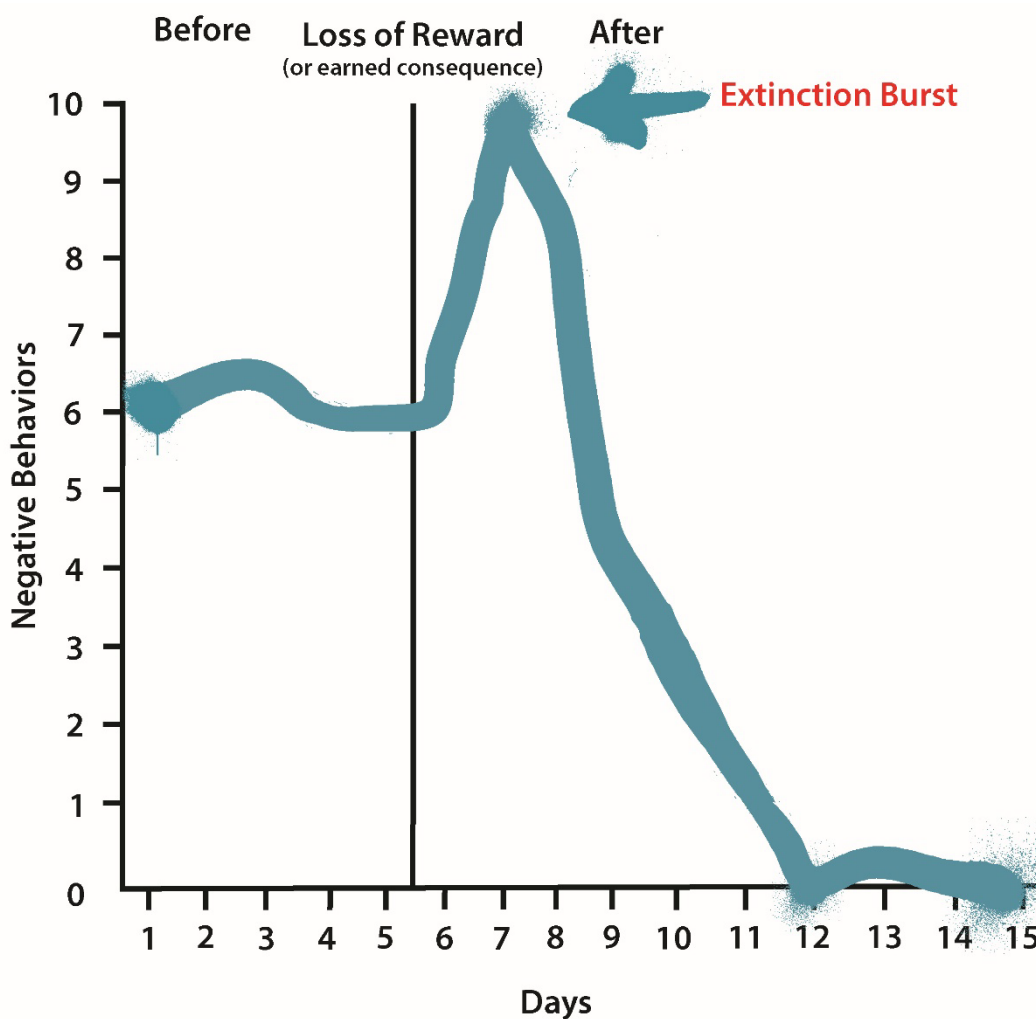
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Extinction Burst



EXTINCTION BURST: A temporary *increase* in a behavior that a B-Mod contract is meant to decrease - this is a normal and expected reaction when a consequence is earned, or a reward is lost. It is sometimes referred to as a temper tantrum or acting out behavior. Expect your contract to result in an extinction burst and initially fail. Sometimes behavior modification is a long game depending upon a child's learning curve, tenacity, or stubbornness. Be patient and be consistent.

EXTINCTION BURST



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NOTE: Do *not* give in and return a reward too soon after it has been removed, especially during an extinction burst, as this may extend the extinction burst and reward manipulative or aggressive behavior. If possible, ignore or wait out extinction bursts, while keeping children safe from hurting themselves or others. Consult a clinician who specializes in behavioral health issues if children threaten harmful behavior during an extinction burst.

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Blank Contract



<i>Behavior</i>	<i>Rewards</i>	<i>Consequences</i>
1.	<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••
2.	<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••
3.	<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••
_____ Developing Person's Signature		_____ Date
_____ Parents or Guardian Signature		_____ Date

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