

Planning Sheet 6: Selecting Strategies

30 points

DIRECTIONS. The sixth step to developing your self-management plan is to select the strategies you will use in your behavior modification plan. Use the information presented in this Module to help you with that and be sure to select strategies at the antecedent and consequence level at least. You may not need any behavior-focused strategies depending on your project, though a case was made for how cognitive behavior modification could help.

Before you get started, use Planning Sheets 1-5 to:

State Your Target Behavior:

Give your Behavioral Definition for the Target Behavior:

List Antecedents for your Undesired Behavior:

List Antecedents for your Desired Behavior:

List Consequences of your Undesired Behavior:

List Consequences of your Desired Behavior:

PART 1: Antecedent-Focused Strategies

Strategy	Sub-strategies or Talking Points	How will you use it or why are you not using it?
Goal Setting	Restate your goals from Planning Sheet 3 You are required to use goal setting	Goal 1. Goal 2. Goal 3. Goal 4. Goal 5.
Antecedent Manipulations: - Be advised that you may use them more than once. - Identify the antecedent or consequence you are trying to modify clearly.	Presenting Cue for DB	
	Removing Cue for UB	
	Reducing Response Effort for DB	
	Increasing Response Effort for UB	
	Establishing Operation for DB	

	Abolishing Operation for UB	
Generalization and Discrimination	How will you generalize beyond your primary situation? Are there situations in which you will not want to make the desired behavior?	
<p>Prompting:</p> <p>- Describe any prompts you will use in your plan. There is no need to include all four, or even any of them, but if you are using social support they will be helpful and are required for programming.</p>	Verbal	
	Gestural	
	Modeling	
	Physical	
Programming	Used in conjunction with Generalization	

Self-Instructions	Describe the specific self-instructions/ statements you will make to yourself as a reminder of your goal when you are tempted. Write at least 3 of them.	1. 2. 3. 4.
Social Support	If you are using social support, describe how it will be used. Who will be the support?	

PART 2: Behavior-Focused Strategies

Strategy	Sub-strategies or Talking Points	How will you use it or why are you not using it?
Shaping	Are you trying to create a new behavior? If so, your goal setting strategy will be a shaping strategy also.	
Fear and Anxiety Procedures – Generally used only in cases of maladaptive fear or anxiety	Relaxation Techniques – These techniques may be useful for general stress reduction or test anxiety	
	Desensitization (systematic and/or in-vivo)	
	Flooding	
	Modeling	
Habit Reversal	Used only if you are trying to reduce a habit behavior as defined in Module 8. Otherwise say “Not needed.”	
Cognitive Behavior Modification	Cognitive Restructuring – Can be used to aid with removing maladaptive cognitions which may present a barrier to success	
	Cognitive Coping Skills Training	
	Acceptance Techniques	

PART 3: Consequence-Focused Strategies

Strategy	Sub-strategies or Talking Points	How will you use it or why are you not using it?
Token economy	Required for this project	Described in your proposal and final paper. See Planning Sheet 5 for details. No more detail needed here.
Differential Reinforcement – Be specific as to why you chose this DR procedure. What is your end goal? See the description above. Be careful not to misuse these strategies.	DRA	
	DRO	
	DRL	
	DRI	
Self-Praise	How will you deliver your own PRs or NRs when you make the desired behavior?	

Social Support	The same as under antecedent, state who will give the support and in what way will they deliver consequences, both reinforcers and punishers.	
Punishment Procedures: Be specific as to why you chose to use the procedure(s) you selected and how reinforcement can be used in conjunction. If not used, just state so.	Time Out – not likely needed	
	Response Cost – often used in a token economy	
	Overcorrection (positive practice and/or restitution)	
	Physical Restraint	
	Guided Compliance	
	Contingent Exercise – you do not need to assign exercise if you fail to make the desired behavior.	

LOOKING AHEAD TO YOUR PLAN PROPSAL:

Be advised that you will describe the specific strategies you will use in your plan in Section 5 of your proposal.

