

Planning Sheet 7: Identifying/Anticipating Mistakes and Temptations

20 points

DIRECTIONS. The seventh step to developing your self-management plan is to identify known mistakes you might make or temptations that you might give in to or anticipate possible mistakes and temptations. As such, complete the questions below.

1. What will you do if/when you make a **mistake** (e.g., recording, treatment administration, etc. error)? Be sure to list both the mistake and the plan to deal with it. Do not use punishment. See Section 12.1 for details. **5 points**

2. What **temptations** might you encounter (give at least 3)? Keep them to people or things for this question. List how you will handle each of these temptations. Be as specific as possible. See Section 12.2 for details. **5 points**

3. List 3-5 different **situations/places** you think it will be difficult to increase your target behavior in. Rank each situation from 1 (least difficult) to 5 (most difficult). See Section 12.3 for details. **5 points**

4. **Revisit your strategies** from Planning Sheet 6. Are there other strategies you would add, outside of self-instructions under antecedent-focused strategies? It is possible a strategy could be modified. Are you making any such change(s)? Describe fully please. If no changes are needed, state this but indicate why you feel they are already properly covered in your plan. Do not say you have no changes to simply get out of answering question 5. See Section 11.4 for details. **5 points**

LOOKING AHEAD TO YOUR PLAN PROPSAL:

Questions 1-3 will make up Section 6 of your Plan Proposal.

Question 4 will be included under Section 5.