

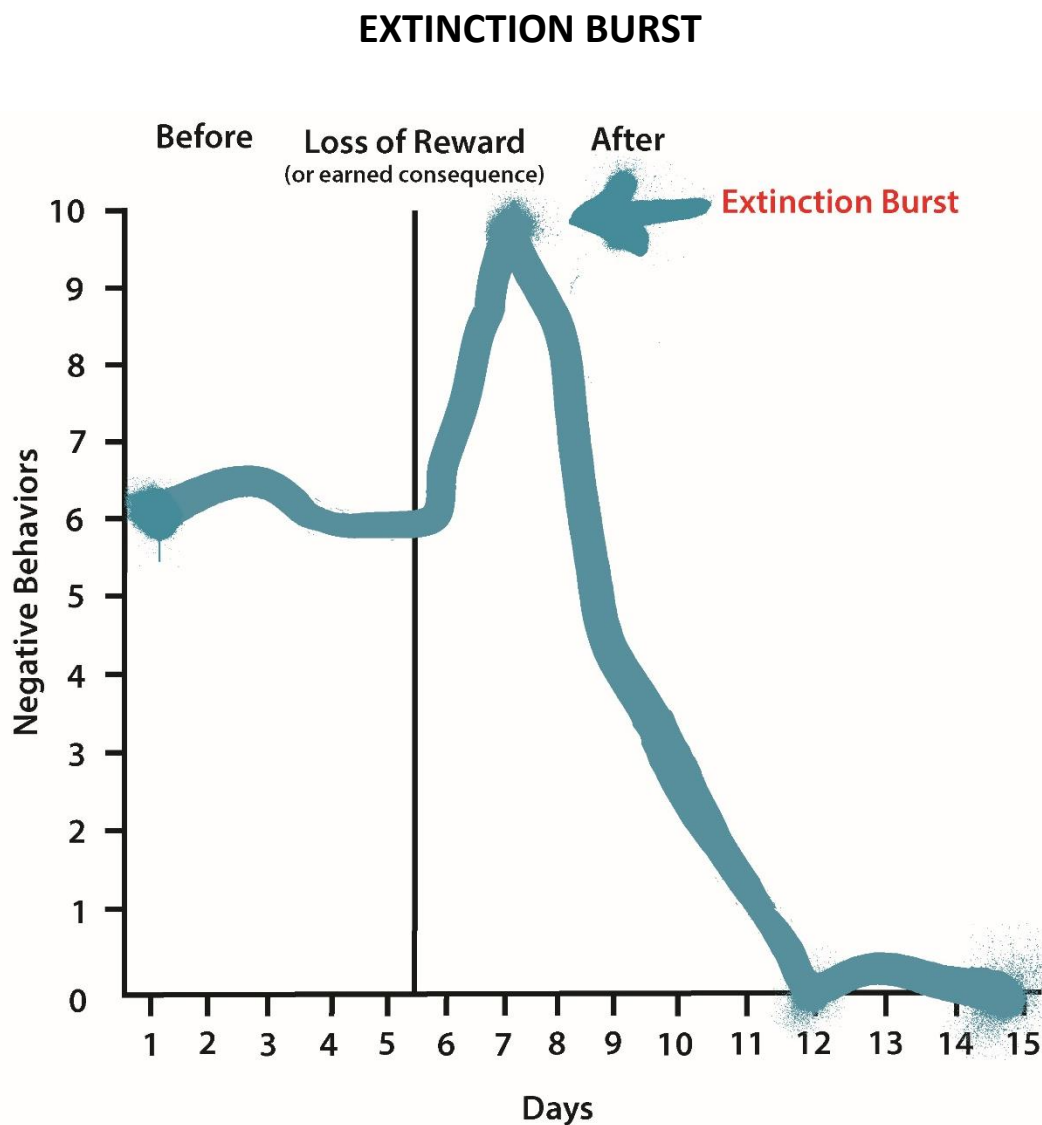
Behavior Modification Contract

Extinction Burst



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.

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.



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NOTE: Do *not* give in and return the reward too soon, 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.

