

# Behavior Modification Contract

## 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 technique 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"> <li>• Cell phone use</li> <li>• Peer privileges</li> <li>• Privacy (such as having a door)</li> </ul> | <ul style="list-style-type: none"> <li>• Cell phone use</li> <li>• Peer privileges</li> <li>• Privacy (no door on room)</li> <li>• <b>Emergency family session (earned this one)</b></li> </ul> |
| 2. Follow rules (includes doing chores) | <ul style="list-style-type: none"> <li>• Allowance</li> <li>• Cell phone use</li> <li>• Technology privileges</li> </ul>                 | <ul style="list-style-type: none"> <li>• Allowance</li> <li>• Cell phone use</li> <li>• Technology privileges</li> </ul>  |
| 3. Get good grades                      | <ul style="list-style-type: none"> <li>• Cell phone use</li> <li>• Technology privileges</li> <li>• New games or clothing</li> </ul>     | <ul style="list-style-type: none"> <li>• Cell phone use</li> <li>• Technology privileges</li> <li>• New games or clothing</li> </ul>  |

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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.