

4 Ways to Change Behavior

<p>↑ Behavior (Do MORE)</p> <ul style="list-style-type: none"> • Get better grades • Use manners • Clean room • Help with house • Sharing with brothers & sisters • Follow Directions 	<p>Positive = Add things to the situation</p> <p>REWARDS</p> <ul style="list-style-type: none"> • Praise • Hugs • Kisses • Pats on the back • Special Celebrations 	<p>Negative = Remove things from the situation</p> <p>REWARDS</p> <ul style="list-style-type: none"> • Lose weight , look better <u>when I exercise</u> • Don't get ticket <u>when I keep inspection current</u> • Mom stops crying <u>when I hug her</u> • Mom doesn't discipline me <u>when I act goofy</u> to make her laugh
<p>↓ Behavior (Do LESS)</p> <ul style="list-style-type: none"> • Stop yelling • Stop fighting or hitting • Stop cursing • Stop stealing • Stop antagonizing or bullying • Stop doing drugs 	<p>Positive = Add things to the situation</p> <p>PUNISHMENTS</p> <ul style="list-style-type: none"> • Extra chores • Writing "I will not say curse words" a 20 times • Running laps or doing "Air Raids" • Corporeal punishment (spankings) • Hitting, slapping, or beating • Wash mouth out with soap • Crying or saying "I hate you!" or "You treat me worse than Dad!" 	<p>Negative = Remove things from the situation</p> <p>PUNISHMENTS</p> <ul style="list-style-type: none"> • Time outs • Grounding • No TV • No Play Station or computer • No allowance • Jail • Fines or tickets that take away your money • Getting sick

Not recommended

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