

## STEPS FOR CHANGING BEHAVIOR

1. What she/he should do *instead* of what she/he's doing:

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2. What she/he shouldn't do (in this situation):

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3. How often and when does it happen?

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4. What reward will get her/his attention and make it worth her/his while to change the behavior?

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5. How will you document performance?

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6. How often will you check on her/his behavior?

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7. How will you measure progress/improvements? (charts/chips/points):

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If you answered all of the above, you're ready to help your child make changes.

If she/he does this  
positive behavior . . .

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then she/he earns this  
following reward . . .

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If this negative behavior occurs or  
this desired behavior does not  
occur . . .

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. . . then she/he earns this punish-  
ment . . .

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