Changing Behavior

Basic Principles of Behavior Change

- Focus on performance as well as competence

- Put acquired knowledge to work daily

- Every behavior has a consequence

- Engage in behaviors that have positive (good) consequences

- Identify situations which are associated with negative (bad) behavior and develop ways of handling them

Basic Principles: - continued

- **Behavior is usually the result of a chain (sequence) of events in which one event causes another event.**

- **Behavior change occurs by changing the events in this chain.**

- **Gradually change behavior in a step-wise fashion rather than a radical change all at once.**

- **Each step should be progressively more demanding.**

- **Set goals that are specific actions and highly achievable.**

Behavior Change Summary

- Put what you know into action

- Do things that lead to good (desired) results

- Avoid things that are associated with bad (undesired)results

- Change the chain of event

- Change behavior in a stepwise and progressively demanding fashion

- Set goals that are specific actions and highly achievable

Basic Steps of Behavior Changes

- **Motivation Appraisal**

- **Self – Monitoring**

- **Stimulus Control**

- **Self-Management**

- **Problem Solving**

- **Social Interaction**

- **Coping Resource Utilization**

Motivation Appraisal

- **Identify and evaluate the consequences of one's behavior.**

- **Determine if these consequences are desired or not desired.**

- **Assess one's self-perceived ability to change behavior or achieve goal.**

- **Make sure goals are congruent with one's fundamental life values.**

- **Make sure one wants, and is willing, to change behavior.**

Self- Monitoring & Stimulus Control

Self – Monitoring

- Observe one's own behavior

Stimulus Control

- Remove or change those things which are observed to be associated with negative behavior.

Self-Management

- **Put acquired knowledge to work.**

- **Engage in behavior that has positive (good) consequences.**

- **Avoid situations which are associated with negative (bad) behavior.**

- **Change the sequence of events which lead to undesired behavior.**

Self-Management - continued

- **Gradually change behavior in a step wise fashion.**

- **Make each step progressively demanding.**

- **Set goals that are specific in action and highly achievable.**

PROBLEM SOLVING

- **Recognize and anticipate problem situations.**

- **Define the problem in terms of behavior and situation.**

- **View the problem as being a challenge instead of a difficulty.**

- **Generate and consider multiple approaches before taking action to solve the problem.**

- **Consider the consequences of each approach and action.**

PROBLEM SOLVING

- Choose the approach that is most feasible and effective.

- Establish a plan of action that specifies the steps necessary to implement the chosen solution.

- Execute the plan – put the plan into action.

- Monitor and evaluate the consequences (results) of your actions.

- Re-adjust your plan and actions, if necessary.

PROBLEM SOLVING GOAL

Overcome

Control

Avoid

Problem solving skills are impacted by one's motivation, as well as social interaction skills.

Social Interaction

- **Acknowledge and discuss problems openly.**

- **Listen to and understand one another's feelings.**

- **Request specific behavior changes.**

- **Establish consistent rules.**

Social Interaction

- **Social interaction skills are necessary for effective communication and interaction with family members and peers.**

- **Coping resources impact social interaction skills**

COPING RESOURCES

- ❑ **Community Environment**

- ❑ **Social Network**

- ❑ **Family**

- ❑ **Education**

- ❑ **Occupation**

- ❑ **Income**

- ❑ **Biological**

- ❑ **Psychological**

- ❑ **Emotional**

- ❑ **Spiritual**

Coping resources **impact one's social interaction skills and motivation, therefore affecting one's ability to achieve behavior change.**