## WALKING THE MIDDLE PATH HANDOUT 14

## **Practice Exercise: Positive Reinforcement**

		Due Date
1.	yo oc	ok for opportunities (since they are occurring all of the time) to positively reinforce urself and someone else. First, simply notice or acknowledge something positive that curred (positive tracking).  nat is something positive that you did this week?
		nat is something positive that your <i>family member</i> did this week?
	VVI	idi is somening positive trial your <i>lamily member</i> did triis week:
2.	rei	ing a different example, identify a specific behavior you wanted to increase and the nforcer you used to help increase it. Remember, you can reinforce even a small step in eright direction (shaping)!
	Α.	For yourself:
		Behavior:
		Reinforcer:
	B.	Someone else:
		Behavior:
		Reinforcer:
3.	De	escribe the situation(s) when you used reinforcement:
	Α.	For yourself:
	В.	Someone else:
4.		nat was the outcome? What did you observe?
	Α.	For yourself:
	В.	Someone else:

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