

CHECKLIST 4.1 Withdrawing a Reinforcer

Rate yourself regarding the following statements.

	Consistently	Inconsistently	Never
Using Extinction (Planned Ignoring)			
I use extinction only for behaviors that are not harmful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I identify what is reinforcing a participant's behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I remove the reinforcer without calling attention to what I'm doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I recognize that I cannot control a participant's entire environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I reinforce appropriate behaviors displayed by other participants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I expect extinction to be gradual and I am patient.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using Response Cost			
I ensure that reinforcers for good behavior are available.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make sure the participant in question has access to the reinforcer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I choose to withdraw a reinforcer that is important to a participant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I keep withdrawal of reinforcers to a minimum.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I explain ahead of time which behaviors will warrant a response cost.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I refrain from chronic warning, nagging, or threatening any participant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid trying to justify my enforcement of a response cost.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am careful not to become emotionally involved when administering response cost.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When possible, I allow natural or logical consequences to take place.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am consistent in using response cost.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using Time-Out			
I inform a participant specifically which behavior led to the time-out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I administer time-outs consistently and matter-of-factly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make sure the time-out is not reinforcing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make sure the participant is not getting out of a situation he or she doesn't like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I specify the length of a time-out in advance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I wait until the disruptive behavior stops before starting to time the time-out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After the time-out, I have those involved state the rule they broke and then tell how they'll avoid breaking the rule in the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After the time-out, I have those involved return to the task they were engaged in when the inappropriate behavior occurred.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After the time-out I reinforce appropriate behavior when participants exhibit it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I encourage participants to take self-time-outs by selecting their own way of timing out within the limits of the situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the disadvantages of using time-out and will use this method with those disadvantages in mind.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>