How to Set Up a Self-Modification Project

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1. Define: Behavior in MEASURABLE terms.

2. Reasons: List all the reasons why you absolutely must change this behavior

3. Journal: Keep records of your progress

4. Environment: Set up your environment for success—create positive pressure

5. Reward: Good behavior—use the Premack Principle and tokens ($1 in the jar)

6. Punish: Unwanted behavior by depriving yourself of something you like

7. Support: Ask people around you for support—but no punishment allowed

8. Plateau: Work on getting through the Deadly Plateau

9. Cheating: Do not exceed 10%

10. Contract: List steps 1, 2, 4, 5, 6, and sign with two witnesses

**Self-Modification Topics to Consider**

|  |  |
| --- | --- |
| Aerobics  Impatience—decrease | Increase organization  Time spent correcting exams—decrease |
| Alcohol—decrease  Time spent online—decrease | Anger management  Sleep—increase |
| Biting fingernails—stop  Yoga—begin | Breakfast—100%  Meditation |
| BSE or TSE—once a month  Saying “No”—Increase | Coffee—decrease  Time management—being on time |
| Walking  Reading for pleasure | Water intake—increase  Sports activity—begin or increase |
| Weight lifting  Volunteer work | Writing  Vacation/travel—plan |
| Fats, sugars—decrease  Hobby—begin or increase | Family time together—increase  Time spent on committee work—decrease |
| Flossing—start  Procrastination—overcome it | Fruits and vegetables—increase  Connecting with friends—increase |
|  |  |

-Turn over for Contract-

My Contract

1. I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_will begin my self-modification project on\_\_\_\_\_\_\_\_\_\_\_

signature date

2. My behavior must be defined in MEASURABLE terms. All my terms are be defined so well that anyone can read my contract and know **exactly** what to do.

Here are my words clearly defined\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. At least five reasons why I **absolutely** must be successful in this behavior change.

What positive outcomes will result if I accomplish this behavior change? What negative outcomes will result if I fail to change?:

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4. To help with my success, I will set up my environment in the following way\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5. Each time (or hour or day) I am successful, I will reward myself with\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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6. In addition I will put $\_\_\_\_ in my jar for each successful day. When I have accumulated $\_\_\_\_\_\_\_ I will purchase \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Each day I am not successful I will punish myself by not allowing myself to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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8. If I am not successful in my attempt to change this behavior, then, here is what I will do:

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9. Signatures of two witness who promise to support (but not punish) me:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_