

BEHAVIOUR CHANGE TOOL

BEHAVIOUR MODIFICATION

STEP 1 - SMART GOALS

- S - Specific
- M - Measurable
- A - Achievable
- R - Realistic
- T - Timely

STEP 2 - Behaviour Shaping

The goal here is to help the person determine the 'next step'. Each next step should be doable, just enough that it takes some effort and is worthwhile but small enough that it can be done. Shaping is designed to lead to the person having a success followed by a success followed by a success, etc

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STEP 3 - STIMULUS CONTROL

Identify the situations, people, etc that are associated with unhealthy behaviour. Help the person limit access to these cues. Change the environment and it will change the behaviour

STEP 4 - REINFORCEMENT MANAGEMENT

It takes a long time for behaviour to become automatic. During that time help the person establish realistic rewards that can be used to reinforce specific accomplishments

Remember; this work should be transparent, don't hesitate to share what you are doing with the patient