

BEHAVIOR CONTRACT PLANNING WORKSHEET

CONTEXT:

Describe the child.

Describe the family situation.

Describe the concern where you think a contract may help.

TARGET BEHAVIOR:

What is the target behavior?

How does this improve the child's quality of life?

How does this target bx support the family as a whole?

How does this target bx align with this family's values?

How does this target bx align with this family's culture?

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CONTRACT COMPONENTS

Setting: when and how often the target behavior will occur?

Expectations: how does it have to be done?

Data collection: how will we know it's been done to the level of expectation?

Exceptions: are there any accommodations, prompts, exceptions to the rule?

REINFORCEMENT

What is the reward?

Who chose this reward?

Why do you think this will work/ is a good fit?

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REINFORCEMENT CONTINUED

How much of it?

When will it happen?

Are there bonus rewards?

IMPLEMENTATION

How do you know the contract is working or not working?

When will you make changes/ adjustments?

When do you fade out the use of the contract?

How do you fade out the contract?

Is this a good fit for your family?

Time

- ☐ I feel this is doable in the time I have.
- ☐ I need help finding the time.
- ☐ There's no way I can find time for this.

Comfort/ Confidence

- ☐ I understand the plan and feel good trying it on my own.
- ☐ The training was a little unclear. I'm not sure what to do.
- ☐ That made no sense to me. We need something else.

Troubleshooting

- ☐ I feel good applying this to new things that may pop up.
- ☐ I can try to use these behavior tools on my own.
- ☐ Not going to work for new issues that may come up.

Whole Family

- ☐ This feels too hard on my child.
- ☐ This feels too hard on the rest of my family.
- ☐ This feels too hard on me.

Is it worth it?

- ☐ The effort is totally worth it.
- ☐ The payoff of improvement in my family seems really far off.
- ☐ The effort does not seem like it's going to get us anywhere.

Community

- ☐ The people in our world will be understanding of this.
- ☐ No one will understand and I'll feel uncomfortable.

RESOURCES



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