

## REINFORCEMENT: WORKSHEET



Reinforcement requires noticing when your child is sober and doing something you like, and rewarding it. This not only increases the likelihood that she'll repeat the wanted behavior, it also contributes to a general sense that her world when she's sober is more rewarding than her world when she's using.

Note: It is NOT reinforcing if you give rewards BEFORE the behavior happens... so resist the temptation to give something NOW in the hopes that their behavior will change LATER.

**Step 1:** List behaviors you hope will change, and identify a specific, alternative, healthy behavior you would be willing to support for each of them.

Behavior to Change	Alternative Behavior to Reinforce
<i>Coming home after school late and stoned.</i>	<i>Coming home on time and sober.</i>
<i>Getting up late and making the morning stressful for everyone.</i>	<i>Getting up on time.</i>

**Example:** The behavior I will reward this week:

*Coming home from school on time. It's a step towards other behaviors like coming home sober.*

**The behavior I will reward this week:**

**Step 2:** Brainstorm possible rewards for the healthy behavior. Make sure some of them are free.

Free Rewards	Rewards that Cost Something
<i>If she comes home on time, I will compliment her effort to come home instead of hanging out with her friends.</i>	<i>If she comes home on time I will give her a \$5 gift card to download apps.</i>
<i>I will let her play video games for half an hour before doing her homework.</i>	<i>If she comes home on time 5 days in a row, I will drive her to hang out with her friends on Saturday.</i>

The rewards I will give *after* she does the behavior I want to see:

- 1.
- 2.
- 3.