

Chapter 12 Activity 2

Identifying Your Personal Reinforcers

Name: _____

Date: _____

Use this activity to help you identify your personal reinforcers, evaluate how frequently you are accessing them, and planning how to increase access to them. There are some activities listed to get you thinking and some empty spaces to add in more. Use the “Current Frequency of Access” column to indicate how often you access these activities (e.g., daily, weekly, almost never, never) and then use the “Plans for Accessing or Increasing Access” column to set goals for adding these activities into your schedule, or increasing how frequently they appear. For example, if you love to work out, but find that you are only working out sporadically, you could plan to schedule workout times with a friend, take a call that fits your schedule or get an app that allows you to work out at home and has a built-in system for sending reminders and tracking progress.

Cooking Current Frequency:

Plans for Accessing or Increasing Access:

Crocheting/Knitting Current Frequency:

Plans for Accessing or Increasing Access:

Eating your favorite treat Current Frequency:

Plans for Accessing or Increasing Access:

Chapter 12 Activity 2

Identifying Your Personal Reinforcers

Gardening Current Frequency:
Plans for Accessing or Increasing Access:

Going for a walk or hike Current Frequency:
Plans for Accessing or Increasing Access:

Going out to eat Current Frequency:
Plans for Accessing or Increasing Access:

Going to a museum Current Frequency:
Plans for Accessing or Increasing Access:

Hanging out with family/friends Current Frequency:
Plans for Accessing or Increasing Access:

Chapter 12 Activity 2

Identifying Your Personal Reinforcers

Hanging out with pet (cat, dog, horse, potbelly pig) Current Frequency:

Plans for Accessing or Increasing Access:

Learning to do something new/ taking a class Current Frequency:

Plans for Accessing or Increasing Access:

Listening to music Current Frequency:

Plans for Accessing or Increasing Access:

Painting Current Frequency:

Plans for Accessing or Increasing Access:

Playing a musical instrument Current Frequency:

Plans for Accessing or Increasing Access:

Chapter 12 Activity 2

Identifying Your Personal Reinforcers

Playing board games Current Frequency:
Plans for Accessing or Increasing Access:

Playing video games Current Frequency:
Plans for Accessing or Increasing Access:

Reading a book Current Frequency:
Plans for Accessing or Increasing Access:

Riding a bike Current Frequency:
Plans for Accessing or Increasing Access:

Taking a bath Current Frequency:
Plans for Accessing or Increasing Access:

Chapter 12 Activity 2

Identifying Your Personal Reinforcers

Visiting a bookstore Current Frequency:
Plans for Accessing or Increasing Access:

Volunteering Current Frequency:
Plans for Accessing or Increasing Access:

Walking the dog Current Frequency:
Plans for Accessing or Increasing Access:

Watching a movie Current Frequency:
Plans for Accessing or Increasing Access:

Working out Current Frequency:
Plans for Accessing or Increasing Access:

Chapter 12 Activity 2

Identifying Your Personal Reinforcers

Current Frequency:

Plans for Accessing or Increasing Access:

Current Frequency:

Plans for Accessing or Increasing Access:

Current Frequency:

Plans for Accessing or Increasing Access:

Current Frequency:

Plans for Accessing or Increasing Access:

Current Frequency:

Plans for Accessing or Increasing Access: