

"Behavior Modification"

Sight Word #291 behavior

Behavior is learned;
therefore, it can be changed
if the person wants to change.

Poor **behavior** should have negative
consequences.

Discomfort usually encourages people
to change their **behavior**.

Remember to ask, why is the *behavior* poor?

When trying to change someone's *behavior*,
replace the undesirable action
with something positive.

Telling a smoker to stop usually will not work;
although, if the person tries meditation with
deep breathing exercises instead of smoking,
then the odds of quitting cigarettes improve.

Simply, reinforce good **behavior** with praise
or some type of reward, and punish poor
behavior with a fair punishment.