

Operant Conditioning Matrix**Behaviorism**
A.P. Psychology*Name* _____*Date* _____*Period* _____

- 1) What is the bad habit you are trying to break?

- 2) Complete the following table by stating “positive or negative” AND “reinforcement or punishment” in each box.

CONSEQUENCE MATRIX: GENERAL PSYCHOLOGICAL TERMINOLOGY		
Goal \ Action	Supply Stimulus	Remove Stimulus
Strengthen Behavior		
Weaken Behavior		

- 3) Complete the following table with a plan for breaking your bad habit.
Make sure that your input is clear and complete by stating your “if-then” qualifiers and specific quantities as necessary.

MATRIX O’CONSEQUENCES: PLAN FOR BREAKING MY BAD HABIT		
Goal \ Action	Supply Stimulus	Remove Stimulus
Strengthen Behavior		
Weaken Behavior		