

Tool 10.1: Practice positive reinforcement⁵

Date:

There are three parts to positive reinforcement: noticing, acknowledging, and responding. Use this worksheet to identify ways you can encourage your loved one when they respect your boundaries.

What positive behaviors could you start to notice in your loved one?

Ex: Coming home on time, eating healthy, keeping a job

What reinforcements are you able and willing to provide for positive behavior?

Ex: Affirmations, attention, a later curfew

What might get in the way of acknowledging positive behaviors?

Ex: Being angry about other issues, expecting faster progress

⁵ Adapted from **The Invitation to Change: A Short Guide**. Published by CMC:Foundation for Change.