

Examination 3: Study Guide Questions

All of the questions for examination 3 will come from the following set. The short answer essay questions come from the class lecture and discussion and the multiple choice from Watson and Tharp chapters 6, 8 and 9.

Explain how reciprocal behavioral contracts can be used to solve interpersonal conflicts in families and organizations.

Identify the three main components of a behavioral contract, and explain why each is important.

Public commitment procedures can be very effective self-management interventions. Describe a public commitment procedure to solve a specific behavior problem, and then explain how it works.

Give an example of an environmental restructuring procedure, and then use the appropriate technical terms to explain how it works.

Describe the main components of a safe but enjoyable party and explain why they work.

What are the two main reasons people punish, and what are the social-emotional consequences of the over reliance on punishment to control behavior?

Describe the main features of a self-management approach to depression.

Chapter 6

The best approach for ridding yourself of an unwanted behavior is to:

- a. suppress the behavior in all situations
- b. develop another behavior in its place
- c. learn to relax
- d. use shaping

An incompatible response is one that:

- a. is not desirable in that situation
- b. suppresses anxiety and worry
- c. prevents the occurrence of some other behavior
- d. has more purpose than an unwanted behavior

Nancy is afraid of heights. What will most likely reduce anxiety while hiking beside a cliff?

- a. Focusing on her breathing
- b. telling herself, "It's not so high."
- c. Forcing herself to look down

d. Counting her footsteps as she walks

When you are meditating, you:

- a. think about the problems bothering you
- b. say a mantra over and over in your mind
- c. try to keep certain thoughts out of your mind
- d. all of these

The basic procedure for the tension-release method of relaxation is:

- a. to tell yourself to relax when facing a tension-producing situation
- b. to practice the method in a variety of stressful situations
- c. to contract muscles, relax muscles, and feel the relaxation
- d. variable, depending upon the person

The most fundamental way of mastering a new behavior is by:

- a. shaping it
- b. reinforcing it
- c. rehearsing it
- d. modeling it

In combining imagined rehearsal and relaxation

- a. you carry out the imagined rehearsal while deeply relaxed
- b. you allow yourself to become tense, then do the imaginary rehearsal
- c. you rehearse the most anxiety-provoking situations you can think of
- d. it is important not to practice the relaxation in real situations

Which of the following is the most crucial step in a self-change plan?

- a. imagined rehearsal
- b. rehearsal in the real world
- c. imagined modeling
- d. self-reinforcement

When a child first learns to talk, the mother accepts "Wa-wa" for "water." Later "wata" is accepted. Finally the mother requires the child to say "water." This is an example of:

- a. reinforcement
- b. modeling
- c. shaping
- d. incompatible behavior

Tony is frightened at the thought of speaking in front of a large group, but wants to get over this fear. The best techniques would be:

- a. use reinforcement and record keeping
- b. combine relaxation and reinforcement
- c. use imagined rehearsal
- d. combine relaxation and shaping

Which of the following dieters is using the best approach to get rid of overeating behaviors?

- a. Abby plays computer games whenever she's tempted to overeat
- b. Carter uses shaping to reduce the amount of food he puts on his plate

- c. Peter uses relaxation to overcome the guilt he feels after eating too much
- d. Katie imagines herself eating only enough to be satisfied

Which of the following people may need to use relaxation with their imagined rehearsal

- a. Phoebe is learning to do manicures
- b. Joey is trying to improve his baseball swing
- c. Rachel is afraid of spiders
- d. Ross is on a diet

Chapter 8

What is the two-stage process for consummatory behaviors?

- a. shape down the problem behavior, reinforce other behaviors
- b. extinguish the problem behavior, build incompatible behaviors
- c. avoid the antecedent to problem behaviors, build new behaviors
- d. punish the problem behavior, build new behaviors

Which is a good technique for eliminating stimulus control?

- a. precommitted punishment
- b. rehearsal in imagination
- c. shaping from difficult to easy situations
- d. none of these

Which of the following is an essential feature of a good selfchange plan?

- a. trying for quantity of ideas
- b. thinking of unusual ideas
- c. combining ideas to create new ones
- d. feedback from self-observation

Why are records necessary?

- a. for self-correction
- b. for establishing baseline
- c. to make adjustments in sub goals
- d. all of these

Which of the following is true?

- a. adjustments in self-change plans are often necessary
- b. feedback in self-change plans should sometimes be punishing
- c. goals in self-change plans should be somewhat vague
- d. rules in self-change plans lead to lack of creativity

Which of the following techniques should you avoid using in your self-change plan?

- a. control of social antecedents
- b. control of thinking antecedents
- c. self-reinforcement
- d. self-punishment

Which of the following people should change her target behavior?

- a. Erica is making no progress trying to lose weight
- b. Some days Gillian records the number of cigarettes she smokes, but other days, she doesn't want to be bothered

- c. Alex is no longer sure what behaviors she should change
- d. Anna was trying to change her body language, but now sees that interrupting others is her main problem

If you change your target behavior you should:

- a. not bother with a new baseline
- b. start a new baseline if the new behavior is very different
- c. get a new baseline no matter what
- d. get a baseline on the new, incompatible behavior

8 is what percent of 24?

- a. 3
- b. 16
- c. 33
- d. 300

Leo has been keeping records of how many times per week he gets eight hours sleep. He wants to graph this, so he should place the weeks on:

- a. the vertical axis
- b. the horizontal axis
- c. either, depending on circumstances
- d. neither

The purpose of a graph in a self-modification project is to:

- a. provide a visual record of your progress
- b. remove the necessity of daily recording
- c. remove the need for other techniques
- d. all of the above

Chapter 9

Which is likely to be an obstacle to performing your target behavior?

- a. gradually increasing the detail with which you record your behavior
- b. Having to tinker with your plan too much
- c. Socializing with people who perform incompatible behaviors
- d. Believing that you don't have the ability to meet your goals

The first step in the problem-solving procedure is to:

- a. relax
- b. list all the details of the problem
- c. analyze the reason for the problem
- d. brainstorm solutions to the problem

In an experiment described in the text, students in one group were taught study skills and students in a second group were taught study skills and problem solving. The results were:

- a. no difference in use of skills
- b. better grades among those taught problem solving
- c. deterioration in the use of study skills by those not taught problem solving
- d. both b and c

Which of the following is false?

- a. problem solving plus weight loss techniques are more successful than the techniques alone
- b. people who use problem solving in trying to stop smoking are no more successful than those who do not
- c. students who use problem solving plus good study skills are more likely to be using those skills a year later
- d. people who focus solely on their failures in self-control are more likely to become discouraged and quit

Which of the following is not a reason why people stop keeping records of self-observations?

- a. the experience of continuous success
- b. the experience of continuous failure
- c. recording only failures
- d. ambivalence about change

In the model of the relapse process, not coping with a high risk situation:

- a. increased skill development
- b. decreased self-efficacy
- c. led to relapse
- d. all of these

The most common causes of lapses do not include:

- a. negative emotional states
- b. interpersonal conflicts
- c. lack of motivation
- d. social pressure

Which is not listed in the text as a general type of high-risk situation?

- a. tension at work
- b. being alone
- c. negative emotions
- d. social situations

The first step in preventing a relapse is to know what the high-risk situations are. The second step is to:

- a. have a relapse fantasy
- b. confront those situations
- c. keep records on those situations
- d. develop skills for coping with those situations

An advantage to listing the details of situations in which you are tempted to lapse is that it:

- a. enables you to have accurate relapse fantasies
- b. eliminates the need to keep records
- c. lets you know what your best solutions are
- d. defines specific problems with specific solutions

What is a method of practicing self-instruction for high-risk

situations

- a. use imagined rehearsal
- b. practice in a real high-risk situation
- c. while you practice think of the mistakes/lapses you will make
- d. use imagined punishment

If you lapse, the first thing you should do to avoid relapse is to:

- a. practice coping in your imagination
- b. provide immediate positive reinforcement
- c. practice the abstinence violation effect
- d. start making self-observations

Tinkering with our self-modification plan:

- a. makes it more effective in dealing with unexpected situations
- b. is difficult to do when you are emotional
- c. involves only the antecedents of the unwanted behavior
- d. is useless if you started out with the best plan you could conceive of

Shirley's plan to abstain from binge eating failed as soon as she binged the first time since starting her plan. A likely reason is:

- a. she was too addicted to food
- b. she didn't allow herself a gray area
- c. her goals were too small
- d. she didn't recognize the high-risk situation

When making your self-observations:

- a. don't write down tempting self-statements, because you might focus too much on the temptation
- b. make sure you consent to your habit
- c. look for your personal high-risk situations
- d. always record the abstinence violation effect