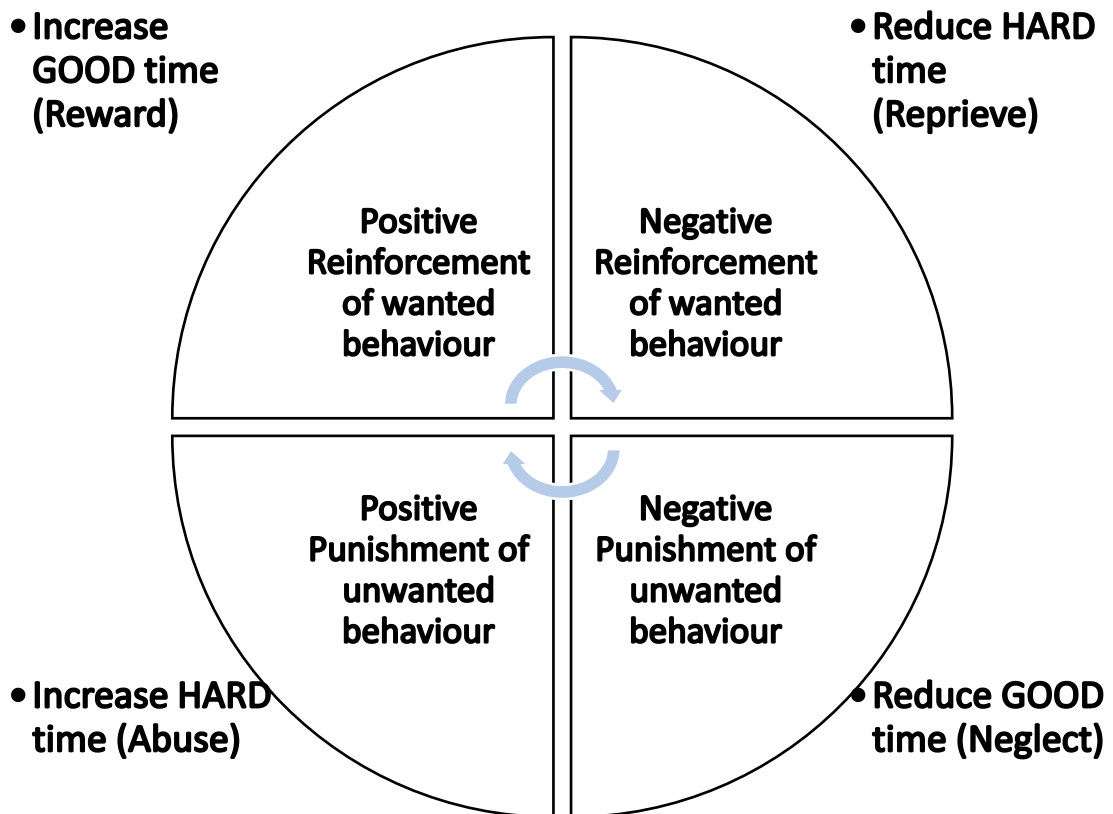


Name:

Date:

## Behavioural Self-management



Wanted Behaviour:

Unwanted behaviour:

Punishing behaviour (from DB Checklist):

Current Reprieve threshold (from Mood Checklist): /45

Current Reinforce/Punish ratio: (Ideal ratio >3/1)