

## Assessing Positive and Negative Reinforcers

Assessing Positive and Negative Reinforcers in Children (6-12)

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Name: \_\_\_\_\_ Help in filling out the form was by: \_\_\_\_\_

Evaluation by: Self \_\_\_ Parent \_\_\_ Teacher \_\_\_ Other (Describe) \_\_\_\_\_

(If other than the child fills out this form, please rate the way you think the child would rate it.)

Date: \_\_\_\_\_ D of B \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_ School: \_\_\_\_\_

HOW MUCH YOU LIKE THINGS: + = Always Really Like It

(Use the level rating scale.) O = Sometimes Like It

-- = Don't Like It

### Social Physical Reinforcers

Level

Hugs Who From \_\_\_\_\_

Tickling Who From \_\_\_\_\_

Appropriate Touches Who From \_\_\_\_\_

Appropriate Kisses Who From \_\_\_\_\_

Being around 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

### Social Verbal Reinforcers

Praise Who From \_\_\_\_\_

Talking with people who like you \_\_\_\_\_

Saying your prayers alone \_\_\_\_\_

Saying your prayers with your family \_\_\_\_\_

Having someone pray for you \_\_\_\_\_

Being read or told stories Who From \_\_\_\_\_

Being around your family \_\_\_\_\_

Being around your friends \_\_\_\_\_

Being alone \_\_\_\_\_

### Social Token Reinforcers

Being given gold stars, points, or stickers Who From \_\_\_\_\_

Being Given Money Who By \_\_\_\_\_

Getting good Grades Which Classes \_\_\_\_\_

Getting letters/notes/ or thank you cards Who From \_\_\_\_\_

**Edible Reinforces**—(Check off **only** those things you love eating **all** the time.)

|                |                 |            |                 |           |
|----------------|-----------------|------------|-----------------|-----------|
| Ice cream ___  | Candy ___       | Chips ___  | Cookies ___     | Bread ___ |
| Fruits ___     | Cold Cereal ___ | Pastry ___ | Cheese ___      | Sugar ___ |
| Pretzels ___   | Sandwiches ___  | Milk ___   | Soda Drinks ___ | Water ___ |
| Pudding ___    | Salads ___      | Pasta ___  | Hamburgers ___  | Fries ___ |
| Vegetables ___ | Hot Cereal ___  | Nuts ___   | Steak ___       | Eggs ___  |

List your five favorite foods.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Activity Reinforces** – These are thing a lot of young people like to do.

How much time do you spend every day doing the following activities?

**Watching Television:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 hours \_\_\_

What shows do you watch? \_\_\_\_\_

**Listening to Music:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 hours \_\_\_

Circle your likes? Country Soft Rock Popular Hard Rock Rap Rhythm and Blues Folk Classical

**Watching Sports:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 hours \_\_\_

What kind? \_\_\_\_\_

**Playing Sports:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 hours \_\_\_

What kind? \_\_\_\_\_

**Reading:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 hours \_\_\_

What kind of books? \_\_\_\_\_

**Playing an Instrument:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 \_\_\_ What kind? \_\_\_\_\_

**Playing Alone:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 hours \_\_\_

What do you do? \_\_\_\_\_

**Playing with Siblings:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 hours \_\_\_

What do you do together? \_\_\_\_\_

**Playing with friends:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 hours \_\_\_

What do you do together? \_\_\_\_\_

**Being with parents:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 hours \_\_\_

What do you do together? \_\_\_\_\_

**Drawing or building things:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 \_\_\_

What kind of drawings or building? \_\_\_\_\_

**Using the Computer:** Less than 1 hour \_\_\_ 1 to 3 hours \_\_\_ More than 3 hours \_\_\_

What things do you mainly do on it? \_\_\_\_\_

|   |       |       |          |
|---|-------|-------|----------|
| <b>Schoolwork:</b> Check how much you like: | A Lot | Some  | A little |
| Reading                                     | _____ | _____ | _____    |
| Writing                                     | _____ | _____ | _____    |
| Math  | _____ | _____ | _____    |
| Science                                     | _____ | _____ | _____    |
| Art   | _____ | _____ | _____    |
| Music                                       | _____ | _____ | _____    |
| Sports                                      | _____ | _____ | _____    |
| Recess and the playground                   | _____ | _____ | _____    |
| The School Bus                              | _____ | _____ | _____    |
| The Cafeteria or Lunch Room                 | _____ | _____ | _____    |

|  |                   |                 |             |             |                  |
|--|-------------------|-----------------|-------------|-------------|------------------|
| <b>Check how you love each activity:</b> | <b>Not at All</b> | <b>A little</b> | <b>Some</b> | <b>Much</b> | <b>Very Much</b> |
| Sleeping                                 | _____             | _____           | _____       | _____       | _____            |
| Taking a bath or shower                  | _____             | _____           | _____       | _____       | _____            |
| Brushing your teeth                      | _____             | _____           | _____       | _____       | _____            |
| Homework                                 | _____             | _____           | _____       | _____       | _____            |
| Playing with clay or crayons             | _____             | _____           | _____       | _____       | _____            |
| Doing Puzzles                            | _____             | _____           | _____       | _____       | _____            |
| Card games                               | _____             | _____           | _____       | _____       | _____            |
| Board Games                              | _____             | _____           | _____       | _____       | _____            |
| Outdoor games with friends               | _____             | _____           | _____       | _____       | _____            |
| Indoor games with friends                | _____             | _____           | _____       | _____       | _____            |
| Trips with family                        | _____             | _____           | _____       | _____       | _____            |
| Visit the Zoo                            | _____             | _____           | _____       | _____       | _____            |
| Visit the Library                        | _____             | _____           | _____       | _____       | _____            |
| Visit the Park                           | _____             | _____           | _____       | _____       | _____            |
| Visit the Dentist                        | _____             | _____           | _____       | _____       | _____            |
| Visit the Doctor                         | _____             | _____           | _____       | _____       | _____            |
| Camping                                  | _____             | _____           | _____       | _____       | _____            |
| Gardening                                | _____             | _____           | _____       | _____       | _____            |

|  |                   |                 |             |             |                  |
|--|-------------------|-----------------|-------------|-------------|------------------|
| <b>Check how you love each activity:</b> | <b>Not at All</b> | <b>A little</b> | <b>Some</b> | <b>Much</b> | <b>Very Much</b> |
| Building Things                          | _____             | _____           | _____       | _____       | _____            |
| Completing a Task                        | _____             | _____           | _____       | _____       | _____            |
| Watching Television                      | _____             | _____           | _____       | _____       | _____            |
| Snacking on Foods                        | _____             | _____           | _____       | _____       | _____            |
| Shopping                                 | _____             | _____           | _____       | _____       | _____            |
| Going to Movies                          | _____             | _____           | _____       | _____       | _____            |

**Activity Choices –**

What things do you like to do most when you have free time?

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What things do you like to do the most after getting home from school?

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What things do you like to do the most on weekends?

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What things do you like to do the most at school?

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What things do you like to do the most with your friends?

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Who are your best friends?

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What do you like to do the best with your family?

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What things do you like to do the most around the neighborhood?

---

What things do you like to do the most in your community?

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List the five things you would like to do if you had lots of money to do them?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***Material Possession Reinforcers*** – Things people like to own.

1. What are the favorite things that are yours?

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2. What are the things you would like to have as your own?

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3. What are the favorite things you like that your family has?

**How much would you like to have as your own each of the following:**

|                | Very Much | Some  | Not at All |
|----------------|-----------|-------|------------|
| Books          | _____     | _____ | _____      |
| Video Games    | _____     | _____ | _____      |
| Play Cards     | _____     | _____ | _____      |
| Radio          | _____     | _____ | _____      |
| Bicycle        | _____     | _____ | _____      |
| Your own TV    | _____     | _____ | _____      |
| A new Bed      | _____     | _____ | _____      |
| New Clothes    | _____     | _____ | _____      |
| A New Home     | _____     | _____ | _____      |
| A Computer     | _____     | _____ | _____      |
| Spending Money | _____     | _____ | _____      |
| Art Supplies   | _____     | _____ | _____      |
| A New School   | _____     | _____ | _____      |
| Other _____    | _____     | _____ | _____      |

**Negative Reinforces** many people try to escape or avoid.

How hard do you attempt **to escape (get away from), avoid, or postpone** each of the following things or situations?

|                                | Get Away From (ESCAPE or AVOID) |              |                   |
|--------------------------------|---------------------------------|--------------|-------------------|
|                                | Try Very Hard                   | Try a Little | Doesn't Bother Me |
| <b>Bullies at school</b>       | _____                           | _____        | _____             |
| <b>Cleaning your room</b>      | _____                           | _____        | _____             |
| <b>Doing your homework</b>     | _____                           | _____        | _____             |
| <b>House chores</b>            | _____                           | _____        | _____             |
| <b>Brushing your teeth</b>     | _____                           | _____        | _____             |
| <b>Changing your clothes</b>   | _____                           | _____        | _____             |
| <b>Garden chores</b>           | _____                           | _____        | _____             |
| <b>Tending siblings</b>        | _____                           | _____        | _____             |
| <b>Going to bed early</b>      | _____                           | _____        | _____             |
| <b>Going on the school bus</b> | _____                           | _____        | _____             |
| <b>Being scared</b>            | _____                           | _____        | _____             |
| <b>New places</b>              | _____                           | _____        | _____             |
| <b>Being alone</b>             | _____                           | _____        | _____             |
| <b>Looking foolish</b>         | _____                           | _____        | _____             |
| <b>Making mistakes</b>         | _____                           | _____        | _____             |

Get Away From (ESCAPE or AVOID)

Try Very Hard      Try a Little      Doesn't Bother Me

|                                    |       |       |       |
|------------------------------------|-------|-------|-------|
| <b>Snakes</b>                      | _____ | _____ | _____ |
| <b>The school playground</b>       | _____ | _____ | _____ |
| <b>The sight of blood</b>          | _____ | _____ | _____ |
| <b>High Places</b>                 | _____ | _____ | _____ |
| <b>Dark Places</b>                 | _____ | _____ | _____ |
| <b>Being told what to do</b>       | _____ | _____ | _____ |
| <b>Someone daring you</b>          | _____ | _____ | _____ |
| <b>Loosing something you own</b>   | _____ | _____ | _____ |
| <b>Bad shows on television</b>     | _____ | _____ | _____ |
| <b>Bad things on the Internet</b>  | _____ | _____ | _____ |
| <b>Being bored – nothing to do</b> | _____ | _____ | _____ |
| <b>Feeling lonely</b>              | _____ | _____ | _____ |
| <b>Reading</b>                     | _____ | _____ | _____ |
| <b>Doing math problems</b>         | _____ | _____ | _____ |
| <b>Exercise</b>                    | _____ | _____ | _____ |
| <b>Your neighborhood</b>           | _____ | _____ | _____ |
| <b>The school bathroom</b>         | _____ | _____ | _____ |
| <b>Hard Work</b>                   | _____ | _____ | _____ |
| <b>Boys</b>                        | _____ | _____ | _____ |
| <b>Girls</b>                       | _____ | _____ | _____ |
| <b>Adults</b>                      | _____ | _____ | _____ |
| <b>Strange people</b>              | _____ | _____ | _____ |
| <b>Sitting Still</b>               | _____ | _____ | _____ |