**A Community Reinforcement Approach**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

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**Why is positive reinforcement more effective than punishment in changing addictive behavior?**

 Reinforcements are simple psychological processes that cause the repetition of a certain type of behavior. To help the patient deal with substance abuse, both negative and positive reinforcements are used. In general, positive reinforcements are the positive motivating factor of our lives that help the individuals o repeat the desired behavior.

 The substance can be enforced. Drugs and alcohol availability to make a person feel less anxious, encourage social interactions and provide theme energy to service through the day. Many take the drugs to solve their problems in a very negative destructive way. Research proposes that people who abuse drugs and alcohol to evade the negative emotions are more likely to have issues with substance abuse then the ones who consume drugs for satisfying feelings. Positive reinforcements encourage the abusers to leave or reduce their drugs intakes through encouragement and support. This helps a person to feel the positive energy while abstaining from the drugs. On the other hand, if an abuser is treated poorly or is punished poorly, more likely he will engage in negative feelings and will keep engaging in the habit of drug abuse. Negative reinforcements can cause a person to stay stuck in a bad situation even if punishment consequences are not likely to not take place. Patients keep taking the medications just to avoid feeling bad.

 Thus, in the situation of substance abuse, the beneficial technique is positive reinforcement. This allows patients to avoid negative emotions. It helps patients to feel motivated regarding changing their habits with a positive incentive. Both of these techniques work in different situations but its clinician’s duty to figure out which technique is more suitable for which of the patient(“Both Positive and Negative Reinforcements Can Create Behavior Changes,” 2010).

**References**

Both Positive and Negative Reinforcements Can Create Behavior Changes. (2010, June 18). Retrieved April 22, 2019, from Addiction Intervention website: https://www.addiction-intervention.com/current-events/addiction-news/both-positive-and-negative-reinforcements-can-create-behavior-changes/

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