Behavior Changing

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Operant Conditioning is a type of learning for the living things which involve the utilization of reinforcement and punishment for the purpose to shape or change any behavior or either to bring out the desired behavior in own self or in someone else. After an in-depth analysis of my personality and behavior, I would prefer to choose my own self for this question. Hence, I would and can use operant conditioning in several ways to change my behavior.

I am the person having behavior who do effective planning for what he is going to do but the biggest problem that I face is I do not usually implement what has been planned. So, I will change this particular using operant conditioning.

I would change my behavior mostly using motivation, self-recognition, and enhancing self-satisfaction. There are a number of other reinforces and reinforcements which can be used for changing the behavior just mentioned above. But motivation, self-recognition, and enhancing self-satisfaction are the reinforces which come in the category of positive reinforcement (Kendra, 2019). While I always found myself and my behavior highly affected by positive reinforcements instead of putting myself for punishments and penalties.

The plan that I would use to change this behavior (lack of implementation of planning) is below.

1. I would analyze my behavior and will find what is most crucial to be changed.
2. Categories the behavior and would consider it as a problem to be covered and solved.
3. Establish and set goals that I want to stop by changing this behavior
4. Create a proper plan for how to get fixed those concerns as well as how to reach the established/set goals (HealthyPsych , 2019).
5. Finally, take every possible step and put the best of my efforts to get those goals achieved.

In terms of reinforcement, I would be using to emotionally recognize myself at the time when I implement any of the plans I have made to implement. This is the best reinforcement for me to use because emotional reward and recognition always encourage me to put more efforts. So with this, I would be able to change this behavior in a better way than any other one. Beyond that, I would self-motivation as reinforcement. Motivation would be used because it does let me keep learning about myself and assists me to see good in Bad. So in this case, when I see and realize good things and deeds as a result then I would be more likely to implement what I plan. Because when human beings see something good as a result, then they put hard efforts to bring in that results (Bucher, & Lovaas, 2017).

In addition to the positive reinforcement, I will increase a pleasant stimulus. By increasing pleasant stimulus, my behavior would be strengthened towards what I need to change. I will increase a pleasant stimulus and encourage my behavior same as like according to (BC Campus, 2019), the example of pleasant stimulus is giving rewarding a student with a prize after he or she gets higher marks than the expected by teachers or even parents.

I made these particular choices and decision because the changing of the behavior would enable me to accomplish my life goals and how to accomplish or to achieve what I desire (Blackman, 2017). As well as, the mentioned reinforcement choice has been made because they fit my behavior and personality the best compared to other behavior changing choices as per my nature that motivation and recognition are the varieties that always encouraged me to do more.

**References**

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