

GLOSSARY OF TERMS



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Like any science or technical practice behavioural science has it's own language. You will see these words and phrases repeatedly throughout this book.

Antecedent

Something specific that happens before the behaviour occurs that without it, the behaviour would not have been able to happen.

Behaviour

Behaviour refers to the specifics of what is said or done. A behaviour is objective not subjective. Every behaviour is measurable. Think of behaviours as actions.

Consequence

Something that happens after a behaviour that informs the performer of whether the behaviour was reinforcing or punishing. This makes the behaviour either more likely or less likely to occur in the future. A consequence happens after every behaviour. There are various types of consequence...

Reinforcement, positive and negative

A type of consequence that supports a behaviour and makes it more likely to happen in the future.

Punishment and Penalty

A type of consequence that discourages a behaviour and makes it less likely to happen in the future.

Extinction

A lack of reinforcement for a behaviour that will lead to the behaviour reducing.

Behavioural Pinpointing

An objective description of a behaviour (action) that everyone would agree upon.

Coercion

The use of threat, pressure or force to get what you want.

Conditioning

When a person has learned to respond (behave) to an antecedent or stimulus in a specific way due to repeated exposure to that prompt and repeated reinforcement of the behaviour.

Consequence history

The history of the consequences that we have received to date, that inform us of our preferences, likes and dislikes.

Environment

The environment is local to the performer and is what surrounds the performer at the time of their behaviour. The environment consists of the physical setting and other people's behaviours or actions.

Fluent

Able to perform a number of behaviours to an expert level as a result of continued practice, feedback and adjustment.

Nurture

The use of encouragement, care and helpful, supportive attention to cultivate behaviour.

Performer

The performer is the person carrying out the behaviour, the action.

Social Norm

The rules of behaviour that are considered acceptable in a group or society. People who do not follow these rules may be shunned or left out.

