

# HOMWORK ASSIGNMENT

Name \_\_\_\_\_ Date \_\_\_\_\_ Session # \_\_\_\_\_

## Assignment:

### Assignment elements:

- Self-observation lessons \_\_\_\_\_
- Identifying existing behaviors \_\_\_\_\_
- Exploring new behaviors \_\_\_\_\_
- Identifying existing reinforcements \_\_\_\_\_
- Finding new reinforcements \_\_\_\_\_
- Creating new reinforcements \_\_\_\_\_
- Preference development \_\_\_\_\_
- Exploring altered states \_\_\_\_\_
- Linking breathing with symptoms \_\_\_\_\_
- Identifying triggers \_\_\_\_\_
- En vivo testing \_\_\_\_\_
- Creating trigger challenges \_\_\_\_\_
- Symptoms as triggers for good habits \_\_\_\_\_
- Generalization training \_\_\_\_\_
- Desensitization to breathing mechanics \_\_\_\_\_
- Desensitization to changes in physiology \_\_\_\_\_
- Extinction of classically conditioned responses \_\_\_\_\_
- Counterconditioning \_\_\_\_\_
- Extinction of reinforced (operant) behaviors \_\_\_\_\_
- Learning new behaviors (shaping) \_\_\_\_\_
- Reinforcing alternative behaviors \_\_\_\_\_
- Negative practice \_\_\_\_\_
- Using the Premack Principle \_\_\_\_\_
- Breaking response chains \_\_\_\_\_
- Secondary gain analysis \_\_\_\_\_
- Somatic learning (muscles, mouth) \_\_\_\_\_
- Autonomic learning (HRV) \_\_\_\_\_
- Capnography feedback and data collection \_\_\_\_\_
- En vivo learning strategies \_\_\_\_\_
- Perceptual learning (reflex) \_\_\_\_\_
- Thinking and imagining \_\_\_\_\_
- Symptom interpretation \_\_\_\_\_
- Self-education and beliefs \_\_\_\_\_
- Self-regulation interventions \_\_\_\_\_
- Recording data with event markers \_\_\_\_\_
- Diary record keeping \_\_\_\_\_