

P/N

Is the consequence positive or negative?

Does the consequence occur immediately or in the future?

I/F

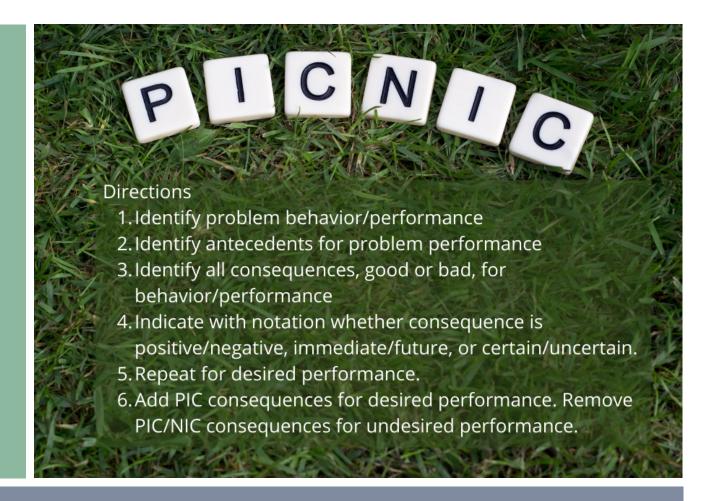
C/U

Is the consequence certain or uncertain?



SUSTAINED BEHAVIOR

Behavior persists when consequences are positive, immediate and certain. Evaluate consequences to determine why behavior continues.



Antecedents	Behavior/Performance	Consequences	P/N	V F	C/U

THE PIC/NIC ANALYSIS IN PRACTICE

Ensure consequences for desired behavior are positive, immediate, and certain. When attempting to reinforce behavior, avoid consequences that are negative, in the future, or uncertain.

CLIENTS, STAFF, AND YOURSELF

Use the PIC/NIC analysis to understand the consequences that cause behaviors to persist. Often the individual knows that another behavior is better, but the consequences of the problem behavior overcomes the willpower of the individual. This is why staff scroll through Facebook when they should work or why many diets fail.







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