

Maintenance Phase Self-Efficacy

5 points

Name: _____ ID#: _____

Directions: Answer the following question about your self-efficacy for maintaining the success of your behavior modification plan. Your response should be no more than a paragraph in length. See Section 16.1.1 for more information.

1. On a scale from 1 (low) to 10 (high), how successful do you feel you will be with maintaining your desired level of the target behavior without your behavior modification plan? Why? In other words, what is your self-efficacy?