



My Training Methodology

Instructions: Use a separate sheet to make a list of techniques, aids, corrections you use with your horse. (Any ways you are trying to increase or decrease behaviors) Fill in the worksheet to place each item from your list into one of the operant conditioning quadrants. Answer the questions after you have done the exercise.

Positive Reinforcement (R+)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Negative Reinforcement (R -)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



- 7.
- 8.
- 9.
- 10.

Positive Punishment (P +)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Negative Punishment (P-)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Evaluate your list in these categories, do you rely on one quadrant more heavily than the others? Which one?



Which area is causing the most consistent behaviors in your horse?

What techniques/aids/corrections have not created consistent responses from your horse? How might you try a different quadrant or approach for the same behavior?

Do you have anything in the P- quadrant? Why have you tried that technique and has it been successful in decreasing a behavior?