

## Charting Inner Behaviors

Abigail B. Calkin and Jane M. Blackwell

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Precision Teaching is well-known as an agent of change in academic skills and inappropriate management behavior. Individuals have also used it as an agent of change for inner behavior such as thoughts, feelings, and urges. In addition to counting inners and using the one minute timing to improve self-esteem, Precision Teaching techniques have been helpful in reducing anxieties, self-destructive inners and their related outer behaviors, and critical self-comments. Participants attending the session did several practice one minute timings. Calkin and Blackwell also examined the use of observing and changing inners, the shift from the concept of cognition to the concepts of inner behavior, and some of the side effects from counting and charting inners.

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### **"FREQUENCY AND FLUENCY MAKE FOR A HAPPY COUPLE"**



### **"PT - DO IT DAILY"**



### **"FLUENT TO THE UPMOST"**

