

SHAPING (PSYCHOLOGY)

DEFINITION

Shaping is a technique that involves rewarding successive approximations to a target behavior.

When the person or animal exhibits a behavior that is similar to the target behavior, it is rewarded. This process is repeated as the behavior exhibited gets closer and closer to the target.

EXAMPLE

Teaching Children Positive Habits: We use shaping when we teach a child habits like washing their hands or putting away toys. Generally, a parent will reward them with stickers for completing small tasks. Over time, they will learn instinctively to do the task without receiving the reward.

Shaping Up

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