

## Time-Out Procedures

Albert Bandura

“In application of time-out procedures, behaviors that are considered unacceptable and the consequences they will produce are clearly explained in advance. When social exclusion is employed as a negative outcome, as is usually the case, each transgression results in a brief social withdrawal that is carried out immediately, naturally, and in a firm but nonhostile manner. If, during the time-out interval, the person continues to display obstreperous behavior, the period of exclusion is extended until cessation of the behavior. Under this type of contingency self-control is quickly established. Since social attention accompanying a disciplinary intervention may reinforce the preceding deviant behavior, the change agent minimizes social and verbal interaction as much as possible while the negative sanction is being applied” (p.331)

“The removal of positive reinforcers as a punishment technique should be distinguished operationally from extinction procedures, although both may reduce responding through some common processes. In extinction, consequences that ordinarily follow the behavior are simply discontinued; in punishment, behavior results in the application of aversive consequences through forfeiture of positive reinforcers. Thus, in extinguishing aggressive sustained behavior by peer attention, the behavior is consistently ignored; under the punishment contingency, however, the rewards of peer attention are pitted against the negative effects of... (time-out or other negative outcome).” (p. 338)

1969, *Principles of Behavior Modification*, Holt, Rinehart and Winston, Inc. NY, NY.