

<p style="text-align: center;"><u>Protocols</u></p> <ul style="list-style-type: none"> • Long-term protocols should be things you can incorporate into daily life. (Remember: protocols don't work if they are not sustainable.) • Take things slowly → add one new action/ritual at a time to avoid overwhelming both partners. • Appeal to each person's strengths → the Dominant doesn't have to be in charge of everything! (Chief of Staff model) • Be creative. Protocols can be small, ordinary things. • Examples: kneeling/presenting, honorifics, capitalization, opening doors, positioning or daily functioning, boot service, drink service, orgasm/sexual control, training, completing specific tasks/assignments... • Reinforcement is needed to encourage compliance! <p style="text-align: right;">➔</p>	<p style="text-align: center;"><u>Rewards: Positive/Negative Reinforcement</u></p> <ul style="list-style-type: none"> • "Reinforcement is an event that (a) occurs during or upon completion of a behavior; and (b) increases the likelihood of that behavior occurring in the future." • Reinforcement should happen as close to the behavior as possible; delayed reinforcement is not as effective. • You cannot reinforce behavior that is not occurring! Bribes are ineffective for long-term behavior modification. • Reinforcers are RELATIVE, not absolute. In order to encourage/increase behavior, the reinforcer must be something the subject wants. (Love language test is good for this → praise, gifts, physical affection, service, quality time) • If a reinforcer does not increase wanted behavior, try something else. • Consistency is important, but a variable schedule of rewards is the most effective at maintaining behavior without extinction. (Hope for jackpot reward.)
<p style="text-align: center;"><u>Punishments</u></p> <ul style="list-style-type: none"> • Punishment is simply an action that stops a behavior. • "We know that reinforcers strengthen behavior in the future, but a punisher will not result in <i>predictable</i> changes." • Punishers generally work only tied specifically to tasks/consequences → the threat of a punisher may motivate behavior; in this case it is <i>negative reinforcement</i>. Punishers after mistakes/misbehavior are not effective at modifying behavior. • Punishment in D/s only works to discourage behavior if the bottom does not <i>like</i> the punisher (i.e. canes don't work on masochists). • Examples of non-corporal punishers: time out, removal of electronic devices, writing, chastity... <p style="text-align: right;">←</p>	<p>There are two types of reinforcers:</p> <ul style="list-style-type: none"> • A positive reinforcer is something the subject wants, such as food, petting, or praise. • A negative reinforcer is something the subject wants to avoid—a blow, a frown, an unpleasant sound. (The warning buzzer in a car if you don't fasten your seat belt is a negative reinforcer.) • Every instance of a negative reinforcer applies a punisher. (Fear vs. Love)