

CHICAGO BEHAVIOR CONSULTANTS, INC.

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“SNEAKY COMPLIANCE”

This method, developed by CBC, Inc., involves shaping a habit of compliance without the person’s total awareness. This helps to establish a level of listening to adult directions, complying with a direction, and immediately receiving an operating reinforcer many times a day.

“Carrier phrases” are purposely omitted. These refer to word signals that serve as antecedents to resistance and opposition. Children become alerted that a demand is forthcoming when they hear familiar phrases, such as, “First (do this) then you may (have/do that)”, “As soon as..” , “Please”, “It’s time to..” “I want you to..”, “You need to..”

Those phrases are NOT wrong! They are useful and correct when giving overt directions. It is only when applying “Sneaky Compliance” that we omit those phrases so the child does not alert and prepare for a direction (which gives an opportunity to formulate an oppositional repertoire).

Procedure

1. When your child is requesting an item or event, determine if it is okay for him/her to have it.
2. If it is okay, determine if you can control the item.
3. If yes, hold the item in view, and/or say “yes”, but slip in a small, quick directive... (look here, put this here, sit, take this napkin, move this over, etc.)
4. As soon as the child performs the small action, quickly hand him/her the item or give access to the event.

5. Do not say, “Thank you” or “good job”. Remember, in this procedure we do not want the child to fully realize he has complied. The item is the reward.

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