Creating Counter Tapes

Counter tapes are used to offset tapes that lead us to behaviors that do not support our goals. This activity will help you identify your common tapes and then allow you to create some counter tapes.

<table>
<thead>
<tr>
<th>TAPE</th>
<th>COUNTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>A:</td>
</tr>
<tr>
<td></td>
<td>B:</td>
</tr>
<tr>
<td>2.</td>
<td>A:</td>
</tr>
<tr>
<td></td>
<td>B:</td>
</tr>
<tr>
<td>3.</td>
<td>A:</td>
</tr>
<tr>
<td></td>
<td>B:</td>
</tr>
<tr>
<td>4.</td>
<td>A:</td>
</tr>
<tr>
<td></td>
<td>B:</td>
</tr>
<tr>
<td>5.</td>
<td>A:</td>
</tr>
<tr>
<td></td>
<td>B:</td>
</tr>
</tbody>
</table>