

"Walden Two and Self Control: Past, Present & Future"

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This topic will be separated into three parts: past, present, and future.

The past of Walden Two and self-control I identify primarily with Skinner's conception of it as a mature, usable and effective technology in the novel Walden Two. And, to a lesser extent, his portrayal of the phenomena in his 1953 work, Science and Human Behavior. An example of this is given in Frazier's dealing with his own jealousy using a self-control pamphlet.

The present analysis of self-control is the current state of the technology as it now exists in the area of behavior analysis (experimental and applied). I primarily identify the works of Howard Rachlin and Mark Dixon as typifying this line of research. A quick comparison of the two would show that it is not seemingly as mature, usable, and effective as Skinner's 1948 novel would need. Sixty years has passed since Walden Two's conception and the technology of behavior has made great advances, but there is still a reasonable disparity in conception and reality. An example of this is Mark Dixon's work in physical therapy using a shaping strategy with a video to reinforce increasing activity in a paraplegic.

The future of self-control I associate with either our own real attempts to bridge this technological gap prior to founding a community, or attempts within a community to develop a practical self-control technology once founded. We can start to work on developing a coherent conceptual model of self-control right now, and work on self-experimentation to make it a reality. Further, inside of a Walden Two community, the Scientists would be working on this technology more or less full time. Examples of this might be promoting forgiveness, free affection and a practical technology of "self-activation" technology to make us happy and resistant to depression.