

# Classical conditioning examples



The overhead in Tom's lab has a short circuit and gives him a shock every time he touches it. After a while Tom hesitates every time he is about to touch the overhead. US= shock, UR= fear from shock, CS= overhead, CR= fear from overhead Tom gets hungry every time he goes into the kitchen. US= food, UR= salivation (hunger response) CS= kitchen, CR= hunger in kitchen

ONCLASSICAL CONDITIONING EXAMPLES SPECIFICALLY FOR YOUFOR ONLY\$13. 90/PAGEOrder Now Tom hates the sight of cats, because he is allergic to them. US= allergens (cat hair, etc.), UR= allergic reaction and bad feelings

(sneezing, etc.), CS= cats, CR= bad feelings from cat One of Tom's friends has a night of boozing on many Vodka screwdrivers, and eating much pizza and salad with bacon bits. After becoming sick, she refuses to eat bacon bits. US= too much booze, UR= nausea, CS= bacon bits, CR= nausea from bacon bits.

Also, taste aversion learning (bacon bits are very distinctive and she eats them only rarely) To stop bad habits, it is sometimes recommended that you put a rubber band around your wrist and snap it every time you notice yourself doing that behaviour US= pain from rubber band, UR= fear, CS= bad habit, CR= fear while

performing bad habit. Also aversion therapy Before you go in for a chemotherapy treatment, they often give you a distinctive food to eat. After treatment, you can't stand that food. US= radiation, UR= nausea, CS= food, CR= nausea. Also taste aversion

learning Your significant other often yells at you and makes you feel bad.

Pretty soon you can't stand the look of that person and dump them. You meet another person who wears the same cologne/perfume. Although they

seem nice, you just can't seem to get along with them. Sensory preconditioning (perfume and significant other become associated), US= yelling, UR= fear (feeling upset), CS= significant other, CR= feeling upset. Because the perfume has already been associated with the significant other (before she started to be mean), it has the power to make you feel upset. (other interpretations are possible, but you must justify them). You meet a new person whose cooking is very good. After a few meals you start to fall in love. US= food, UR= happy satisfied feeling, CS= new person, CR= happy feelings. Whenever you go out with your friends you inevitably wind up drinking beer. Now whenever you go out with them, you get thirsty. US= beer, UR= less thirsty, CS= friends, CR= more thirsty.

Also a

compensatory reaction. (You could say that the response to beer, as to food, is a digestive, salivation, insulin release, and that these responses make you feel thirsty, facilitating your drinking, and thus the CR of being more thirsty is the same as the UR. Whatever makes you feel good). There are two people you know who you always see together. One day, you see one of them by himself, and he comes up to you and punches you in the nose. Later you see the other one by himself, and you decide to turn around so he doesn't see you. Sensory Preconditioning. Person A and person B become associated first.

US= pain from being hit, UR= fear, CS= person who hit you, CR= fear from person. On your way home from school there is a big dog that always barks at you. You start to feel uncomfortable when taking that route, so you take a new route home, past a smaller dog that is not so loud. US= loud noise, UR= fear, CS= route, CR= fear from route, Also

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discrimination, as fear does not generalize to other route or other dog. Whenever you watch a scary show, you always have a big bowl of popcorn. Now you find that just having a bowl of popcorn makes you feel creepy. Later your scary show is canceled, and you start eating popcorn while watching Seinfeld. Now the popcorn makes you feel happy. Counter conditioning. US= scary movie (loud sounds, surprise), then US= humour, UR= fear then happy feelings, CS= bowl of popcorn, CR= fear, then happiness You always do your homework on your desk. After a very hard semester, you find that sitting at your desk depresses you. US= stress caused by studying, UR= bad feelings, CS= desk, CR= bad feelings You are having an affair with your best friend's spouse. Whenever you are alone together her perfume drives you crazy, but when your friend is around you both act normally. US= sex, UR= happy feelings, CS= perfume, CR= happy feelings, Also conditioned inhibition. You want to quit smoking, so you sit at home and give yourself a shock every time you reach for a cigarette. Your smoking decreases. However, when you go out with your friends your smoking returns to the same level. US= shock, UR= fear, CS= cigarette, CR= fear. Also conditioned inhibition (friends inhibit your fear response to the cigarette) or discrimination (you are able to discriminate between home and the bar) When you are in gym class, you get hit in the head repeatedly with a basketball. Soon you develop an aversion to not only basketball, but volleyball and football as well. US= pain from being hit, UR= fear, CS= gym class, CR= fear, Also generalization Whenever you lie in your bed you fall asleep very quickly, more quickly than you would on the couch. One week you have a lot of

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stress and instead of falling asleep you lie awake several nights in a row.

Now, even though the stress is gone, you have difficulty sleeping in your

bed. Counter Conditioning. Originally the US= safe quiet place, UR=

relaxation

(sleep), CS= bed, CR= relaxation. During the stress, US= stress,

UR= arousal, CS= bed, CR= arousal (no sleep) This is the problem that many

insomniacs have, they have associated the bed with arousal instead of

relaxation. You have a friend who is very boring and seldom has anything

important to say. they take a course in conversational English and start to

become very interesting. For some reason, every else notices the change

much faster than you. US= exciting social interaction, UR= interest, CS=

your friend, CR= pay

attention. Also latent inhibition. Your dog has a particular dish that he gets

food in. After a while he starts hiding the dish and growling at you when you

try to get it. US= food, UR= food responses (happy feelings, approach), CS=

dog dish,

CR= food responses (happy feelings, approach). Also sign tracking. Your cat

gets attacked by a dog while walking in your front yard. Now your cat stays

in the back yard or in the house. US= scary dog, UR= fear, CS= front yard,

CR= fearYou get an aquarium, which your cat discovers and regularly eats

the fish. You give up and take the aquarium away, but your cat still likes to

sit on the shelf where the aquarium was. US= food (fish), UR= approach

(predation), CS= shelf, CR= approach

(predation)Your cat comes running every time it hears the can opener. US=

food, UR= approach, CS= can opener sound, CR= approachYour dog gets

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sick and requires several painful trips to the vet. Now he hides every time he hears you rattle your keys. US= painful procedure, UR= fear, CS= rattle of keys, CR= fear

Every time you take your kids out in the car, you drive through McDonalds and get dinner. Now whenever you rattle your keys, your kids come running. US= food, UR= approach, CS= rattle of keys, CR= approach

You know a weird old man who keeps thousands of dollars in his mattress, but is practically starving. US= food, UR= approach (also hoarding), CS= money, CR= approach (hoarding)

You know a person who enjoys working, even though the work he does doesn't appear to be very much fun. US= primary reinforcers such as food, UR= approach, CS= money, CR= approach

(money motivates working because it is associated with the things money can buy), You could also make a case for 2nd order conditioning, with work being associated with money.