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Create an Unethical Phobia Experiment

pick a phobia and create a classical conditioning scenario that could cause a person to obtain this phobia.



Phobia: _____

Unconditioned Stimulus: _____

Unconditioned Response: _____

Neutral Stimulus: _____

Conditioned Stimulus: _____

Conditioned Response: _____

Explain the process by which the person will obtain the phobia.

Let's say your subject generalized their fear. What else might they begin to fear in addition to the conditioned stimulus?

Let's say your subject is experiencing higher-order or second-order conditioning. What else might they begin to fear in addition to the conditioned stimulus?

Okay, that wasn't very nice. Let's fix it.



Explain how you could fix the phobia using **extinction**.

Explain how you could fix the phobia using **counter-conditioning**.

Explain how you could fix the phobia using **parametric desensitization**.

Classical Conditioning Worksheet

Directions: Six examples of classical conditioning are outlined in the following paragraphs. In each example, identify the unconditional stimulus, unconditional response, conditioned stimulus, and the conditioned response.

The Shower

When Lassie gets back to the dormitory after jogging around the campus, he likes to take a quick shower before going to class. One morning while taking a shower, he hears someone flushing a nearby toilet. This suddenly reminds him of his mother's death and he begins to feel extremely upset and afraid at this point. After realizing a few moments, he continues showering. A few minutes later, Lassie feels another water flush and he leaps out of the shower.

1. What is the unconditional stimulus?
2. What is the neutral stimulus?
3. What is the neutral stimulus that becomes the conditioned stimulus?
4. What is the conditioned response?



Sophia Wants to Get Off

Sophia was excited when she learned her family was going to the state fair next weekend. When her mom told her that the roller coaster was in excess of 100 ft, but Sophia didn't care from the start. Finally there, Sophia stopped and watched some shows performing next to the coaster. As she watched the silly antics of the clowns with the crescendo music playing in the background, Sophia got more and more scared. She finally got off the ride and ran away from the heat. After that trip to the state fair, every time Sophia hears someone mention she feels a little dizzy.

1. What is the unconditional stimulus?
2. What is the unconditional response?
3. What is the neutral stimulus that becomes the conditioned stimulus?
4. What is the conditioned response?



Cold Gums Come Real

Cold was really looking forward to lunch because his mother had prepared a nice salad sandwich. Unfortunately, the mayonnaise she used had been left out too long and was spoiled. Not long after eating the sandwich would make Cold's mouth.

1. What is the unconditional stimulus?
2. What is the unconditional response?
3. What is the neutral stimulus that becomes the conditioned stimulus?
4. What is the conditioned response?



How do you handle anxiety?

How do you handle anxiety? (Answer below)

1. Listen to your breathing. If you notice that you are taking deep breaths, try to slow down your breathing rate. This can help you calm down.

a. Deep breathing

b. Shallow breathing

2. Practice relaxation techniques. Deep breathing, progressive muscle relaxation, and guided imagery are all great ways to reduce anxiety.

a. Deep breathing

b. Progressive muscle relaxation

c. Guided imagery

d. Progressive muscle relaxation

e. Deep breathing

f. Progressive muscle relaxation

3. Avoid triggers. If you know what triggers your anxiety, try to avoid those situations as much as possible.

a. Avoiding triggers

b. Avoiding social situations

c. Avoiding crowds

d. Avoiding social situations

e. Avoiding triggers

f. Avoiding social situations

4. Practice grounding techniques. Grounding techniques are used to help you stay present in the moment. They involve focusing on the present moment and noticing sensations in the body, sights, sounds, smells, etc. This can help you stay present and reduce anxiety.

a. Grounding techniques

b. Grounding techniques

c. Grounding techniques

d. Grounding techniques

e. Grounding techniques

f. Grounding techniques

5. Cognitive behavioral therapy. Cognitive behavioral therapy is a type of talk therapy that helps people change negative thought patterns and behaviors. It involves identifying negative thoughts and replacing them with positive ones.

a. Cognitive behavioral therapy

b. Cognitive behavioral therapy

c. Cognitive behavioral therapy

d. Cognitive behavioral therapy

e. Cognitive behavioral therapy

f. Cognitive behavioral therapy

6. Mindfulness. Mindfulness is a way of being present in the moment without judgment. It involves paying attention to the present moment and accepting it as it is.

a. Mindfulness

b. Mindfulness

c. Mindfulness

d. Mindfulness

e. Mindfulness

f. Mindfulness

Homework Double Take:
Jamil goes in for his yearly eye check-up. As part of his eye test, the doctor needs to shoot a puff of air into Jamil's eye to check for glaucoma. This quick puff causes Jamil's eyes to reflexively blink a few times. However, the doctor has to get extremely close to Jamil with his head tilted upward to perform the test, and Jamil can't quite clearly see the doctor's nose hair in spite of going out of his way to do so when the doctor comes. Curiously, whenever Jamil goes to trim his own nose hair in the mirror, he somehow can't stop blinking.

1. What is the unconditioned stimulus?
2. What is the unconditioned response?
3. What is the neutral stimulus that becomes the conditioned stimulus?
4. What is the conditioned response?



That Girl Makes Mr. Jenkins Go Blah Blah Blah

Have you ever noticed how many car commercials feature sexy, scantily-clad young women? Enrique just loves one day watching his favorite television show, "Carney Shows," when suddenly a commercial comes on for the new Prius. Interestingly, in every shot of the car a very attractive woman with a buxom body is shown driving wearing a low-cut shirt. Additionally, a very sexy female voice narrates all of the features of the new Prius. From that day on, every time Enrique sees a Prius on the road, he feels aroused, but is a little confused by it.

1. What is the unconditioned stimulus?
2. What is the unconditioned response?
3. What is the neutral stimulus that becomes the conditioned stimulus?
4. What is the conditioned response?



Stop Flushing

Kanuchi is a 12-year-old high school senior. She is pretty typical in that she has great difficulty getting up in the morning. Still, she forces herself out of bed and into the shower when her alarm goes off. Sometimes the water will burn scalding hot and Kanuchi will begin screaming in pain. The reason for this is that her little brother, Yukata, will flush the toilet. The pipes are connected which causes the change in water temperature. After enough occurrences of this happening, Kanuchi has learned to quickly jump out of the shower when she hears the toilet flush.

1. What is the unconditioned stimulus?
2. What is the unconditioned response?
3. What is the neutral stimulus that becomes the conditioned stimulus?
4. What is the conditioned response?



A Rose By Any Other Name

Everyday Oniwa receives a bouquet of roses from the love of her life, Kyle. When she sniffs the roses, she feels a tingling warmth in which she loves. Everytime she gets roses, she also receives a card that says, "Love always, hopefully, Kyle." After enough deliveries, just the sight of the card alone makes Oniwa tingle. Likewise, Kyle also includes a piece of chocolate with the card. Interestingly, Oniwa begins tingling whenever she sees the chocolate, although the tingling is no equated to the tingling she produced by smelling the flowers.

1. What is the unconditioned stimulus?
2. What is the unconditioned response?
3. What is the neutral stimulus that becomes the conditioned stimulus?
4. What is the conditioned response?
5. What is the higher-order neutral stimulus?
6. What is the higher-order conditioned response?



Classical Conditioning Practice

- Example: A researcher rewards a dog, then places a piece of meat into a dog's mouth, causing it to salivate. Eventually the sound of the bell becomes the dog's stimulus.
- Unconditioned Stimulus (UCS): Food
Unconditioned Response (UCR): Salivation
Neutral Stimulus (NS): Bell
Conditioned Stimulus (CS): Bell
Conditioned Response (CR): Salivation
1. You're going to practice after eating at a local restaurant. The next time your friends suggest going out for lunch you start to feel nauseous.
UCS: _____
UCR: _____
Neutral Stimulus: _____
CS: _____
CR: _____
 2. Martin was a swimming shark who worked at the gym where someone flushed a nearby toilet. Suddenly, he felt hot under water on top of the above-ground, causing Martin extreme discomfort. As he continues the shower, he hears another toilet flush and immediately jumps out from under the showerhead.
UCS: _____
UCR: _____
Neutral Stimulus: _____
CS: _____
CR: _____
 3. A football coach gets ice cold chocolate poured down his back after each victory just after his players yell, "We won!" Immediately, the coach thinks of the words "ice cold".
UCS: _____
UCR: _____
Neutral Stimulus: _____
CS: _____
CR: _____
 4. Tom has a really bad (teacher) cold. The first time he ate nachos (prior), a glass of lime juice was served to him. This happens every time he goes to bed. Now, he sneezes every time he lies down on his pillow.
UCS: _____
UCR: _____
Neutral Stimulus: _____
CS: _____
CR: _____
 5. While listening to music on his car radio, Jason accidentally bumped into a red car in front of him. Thereafter, whenever he sees red cars, he experiences a severe anxiety attack.
UCS: _____
UCR: _____
Neutral Stimulus: _____
CS: _____
CR: _____

1. Stop the Carousel I Want to Get Off India was ecstatic when she learned her family was going to the state fair next weekend. Taste Aversion You go out to eat at your favorite Mexican restaurant and have a big Mexican meal. Your roommate also eats quite a bit of chocolate, but she hides it away from you in a locked drawer (smart, don't you think?). Within 6 hours of leaving you are violently ill and appear to have some type of food poisoning. What is the unconditioned stimulus? You could eat it day and night. In fact, sometimes you refer to yourself as a chocoholic. Suddenly, extremely hot water comes rushing out of the showerhead and Tom experiences excruciating pain. The Shower When Tom gets back to the dormitory after jogging around the campus, he likes to take a quick shower before going to class. UCS: CS: UCR: CR: 3. One of the best places to start is with the natural stimulus and response (UCS and UCR). For each of the following scenarios identify the CS, UCS, CR, and UCR. UCS: CS: UCR: CR: In order to continue enjoying our life, we ask that you confirm your identity as a human. After muttering a few obscenities, he continues showering. What is the conditioned response? India stopped and watched some clowns performing next to the carousel. Advertising You like pretty girls; seeing them you generally feel happy and many times your heart works a bit harder. When Good Tuna Goes Bad John was really looking forward to lunch because his mother had prepared a tuna salad sandwich. However, she always shares her chocolate whenever she eats some; she just doesn't want you to eat it all one day when she is in biology lab. UCS: CS: UCR: CR: 2. Whenever you hear her unlock the "special" drawer you know that you are going to get some chocolate. Unfortunately, the mayonnaise she used had been left out too long and was spoiled. Classic Your favorite food is chocolate. Not long after eating the sandwich, John felt sick and to rush to the bathroom. When you see the soda in the store your heart starts pumping a little faster and you feeling light and happy. Thank you very much for your cooperation. As she watched the silly antics of the clowns with the carousel music playing in the background, India got more and more sweaty and uncomfortable. After that trip to the state fair, every time India hears carousel musical she feels a little dizzy. What is the unconditioned response? Eventually, she fainted from the heat. After about 2 weeks of living with your roommate, your mouth begins to water as soon as you hear her key go into the lock of the drawer. In each example, identify the unconditioned stimulus, unconditioned response, conditioned stimulus, and the unconditioned response. No wait, that's only what the advertisers want you to believe. One morning, while taking a shower, he hears someone flushing a nearby toilet. Classical Conditioning Worksheet Directions: Three examples of classical conditioning are outlined in the following paragraphs. You can not even imagine eating Mexican food again. In reality you do buy the soda, but aren't quite sure why. A few minutes later, Tom hears another toilet flush and he leaps out of the shower. When her family arrived at the state fair the temperature was in excess of 100A° F, but India didn't care because she was finally there. When soda commercials have pretty girls drinking the soda and dancing around the soda logo, you find that the soda is fairly appealing. What is the neutral stimulus that becomes the conditioned stimulus? Consequently you buy this soda and pretty girls dance around you. Six months later, your stomach still turns when you think of going to eat at that restaurant. Thereafter, the mere mention of a tuna sandwich would make John nauseous, nauseous.

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