



# LEARNING - Positive and Negative Reinforcement

In the following examples, identify whether it is positive or negative reinforcement:

B.F. Skinner

**Example**

**Positive  
Reinforcement**

**Negative  
Reinforcement**

	<b>Positive Reinforcement</b>	<b>Negative Reinforcement</b>
1. Studying for the psychology test to avoid getting a poor grade.		
2. Helping a friend because it makes you feel good		
3. Loud dinging noise in cars when ignition key is turned on, driver must put on seat belt in order to stop the annoying sound.		
4. Taking Tylenol to relieve a headache.		
5. Giving in to an argument.		
6. Buying new clothes so that your friends will stop making fun of your old clothes		
7. Faking a stomach ache in order to avoid going to school.		
8. Cleaning your room so that you can use the car for the night		
9. Prisoners try to break out of jail to escape the torture of being locked up		
10. Rushing home to get out of the rain		
11. Eating food that tastes really really good		
12. Being nice to your little sister so your parents will buy you a present on your wish list		
13. Cleaning your room to stop your mother's nagging.		
14. Waiting in line for two hours to buy the latest iPhone		
15. Paying one's bills to avoid bad credit rating		
16. Removing a stone that is stuck inside the shoe while walking		
17. Fanning oneself to escape from the heat		
18. Playing video games after doing yard work all day		
19. Avoidance or escaping an unpleasant social encounter		
20. Leaving a movie theater when a movie is really bad		
21. Playing your favorite song after studying for an hour		
22. Eating a pizza after two hours at the gym		
23. Brushing your hair so you don't get stared at.		
24. Cleaning your room to get rid of the smell		
25. Walking out of the school when the super loud fire alarm sounds		