①   ② (circled)

$\frac{dy}{dx} = u < 0$

$\frac{dy}{dx} = u > 0$

$w \rightarrow w'$ $w' \leftarrow w$

y: loss   x: weight $w' = w - \lambda u$

① when $u < 0$, $w' = w - \lambda u$ results in $w' > w$ leading to decrease in y (or loss)

② when $u > 0$, $w' = w - \lambda u$ results in $w' < w$ leading to decrease in y (or loss)