

Condition My Friend

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1 Who I want to condition

I want to condition my friend Neo to avoid watching a silly video called Mr.Sun. He has been watching it for several months, and he watches it every night.

2 Why I want to change that behavior

Since that video is really silly and has no benefit for him, and watching it again and again takes him a lot of time supposed to used on other more productive things like studying and exercising, I decided to help him.

3 Conditioning

3.1 The process

Since Neo is generally watching the Mr.Sun at 8 to 10 p.m. every night, I decided to employ my conditioning technique **after** 10 p.m, by giving him sugar if he doesn't watch Mr.Sun and study or exercises instead. I am going to train him for **four weeks**. In the first week, I will use **continuous reinforcement**, that is give him sugar every time he study or exercise instead of watching Mr.Sun, since I want to get him quickly what he should do. Then, for the next three weeks, I will use the **variable ratio reinforcement** to train him. To be specific, for a period of various days with average of 3, the number of sugars he can get depends on how many days in that period he doesn't watch Mr.Sun and does the desired behavior. By using the variable ratio for the last 3 weeks I want to longer the extinction time of his desired behavior.

3.2 kind of reinforcer

I used positive reinforcer to train Neo. Since I will give him sugar, which is his favorite, after his response is desirable, and that can increase the occurrence of the desirable behavior.

3.3 Another Method

I will use the **positive punishment** as an alternative way to train Neo. Every-time he watches Mr.Sun, I will punch him, which he doesn't like it. However, since the punishment can not tell him what he is supposed to do, but just what he can not do, it will not be helpful to train he use that time to do exercises or study, and also has the risk to damage our friendship.

3.4 Another Schedule

I will use the **continuous reinforcement** for the whole time. However, Since continuous reinforcement can lead to a fast extinguishment, the effect of training could not last long.