

Reinforcement and Inhibition

An example of positive reinforcement I used throughout my regular week was when I worked out with my friend Tony. I haven't known Tony for very long but I realized quickly that he performs better when he has positive reinforcement during the workout. For example, this weekend we were running 400-meter laps around the track. Beforehand we decided that we were going to jog the straights and then walk the curves. On the last lap towards the end of the workout, I noticed him jogging the curves instead of walking. This was unlike Tony because he would usually take a break anywhere he could. I admired his effort and started cheering him on as he ran. After giving him some words of encouragement, he sprinted out the rest of the lap and finished the workout strong. Another example of negative reinforcement I noticed this week was actually on myself. Whenever my girlfriend comes over and my room isn't clean like it normally is, she always makes some kind of comment about it. Before she came over this weekend I made sure to clean up and to no surprise, she said nothing. Another example of this would be me calling Tony lazy if he wanted to skip a workout for no good reason.

Examples of me using inhibitors on others that I noticed throughout the week include me yelling at my teammates when we run a play incorrectly or aren't giving a good effort. I'm not sure if this counts as an example of negative punishment but my friends have probably noticed that if they can't quickly get my attention by simply texting me. Instead, if they want my immediate attention they should call me. This might be a stretch though. My friend Tony from earlier has a dog named Athena and another example of me using negative punishment as an inhibitor would be me ignoring her when I initially walk into the room. Like we were taught in class I ignored her if she started jumping around and getting too excited. I only paid attention to her when she was still and calm.