Mainactivity.java:

```java
package com.example.alert_box_2;

import androidx.appcompat.app.AlertDialog;
import androidx.appcompat.app.AppCompatActivity;

import android.content.DialogInterface;
import android.os.Bundle;
import android.view.View;
import android.widget.Button;
import android.widget.Toast;

public class MainActivity extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_main);
        Button showDialogButton = findViewById(R.id.show_dialog_button);
        showDialogButton.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View v) {
                showAlertDialog();
            }
        });
    }

    private void showAlertDialog() {

        AlertDialog.Builder builder = new AlertDialog.Builder(this);

        builder.setTitle("Confirmation");
        builder.setMessage("Do you want to proceed?");

        // Positive button
        builder.setPositiveButton("Yes", new
DialogInterface.OnClickListener() {
            @Override
            public void onClick(DialogInterface dialog, int which) {
                Toast.makeText(MainActivity.this, "You clicked Yes",
Toast.LENGTH_SHORT).show();
                dialog.dismiss(); // Close the dialog
            }
        });

        // Negative button
        builder.setNegativeButton("No", new
DialogInterface.OnClickListener() {
            @Override
            public void onClick(DialogInterface dialog, int which) {
                Toast.makeText(MainActivity.this, "You clicked No",
Toast.LENGTH_SHORT).show();
                dialog.dismiss(); // Close the dialog
            }
        });

        AlertDialog alertDialog = builder.create();
        alertDialog.show();
    }
}
```

mainactivity.xml:

```xml
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:orientation="vertical"
    tools:context=".MainActivity">

    <Button
        android:id="@+id/show_dialog_button"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_gravity="center"

        android:text="Show Alert Dialog"
        android:layout_centerInParent="true" />

</LinearLayout>
```