

## **Pavlov's Dogs**

UCS: meat powder

UCR: salivation

CS: bell

CR: salivation

## **Little Albert**

UCS: Noise

UCR: Fear

CS: White Rat

CR: Fear

## **More Examples**

1. Every time someone flushes a toilet in the apartment building, the shower becomes very hot and causes the person to jump back. Over time, the person begins to jump back automatically after hearing the flush, before the water temperature changes.

UCS: hot water

UCR: Jumping back

CS: toilet flushing

CR: Jumping back

2. You eat a new food and then get sick because of the flu. However, you develop a dislike for the food and feel nauseated whenever you smell it.

UCS: flu

UCR: getting sick

CS: smelling the food

CR: feeling nauseated

3. Geraldine had an automobile accident at the corner of 32nd Street and Cherry Avenue. Whenever she approaches the intersection now, she begins to feel uncomfortable; she feels very nervous and gets butterflies in her stomach, and her palms become sweaty.

UCS:

UCR:

CS:

CR:

4. Calvin was chased & assaulted by an aggressive rooster when he was just barely three years old. As an adult he still gets little blips in his stomach when he hears the word "rooster" and he claims that birds make him nervous.

UCS:

UCR:

CS:

CR:

5. As your teenage son leaves the house & tells you "goodbye," he always slams the door. Recently, you've noticed that you flinch as soon as he yells "goodbye."

UCS:

UCR:

CS:

CR:

6. Whenever Stefanie is with her best friend, Keith, they have a great time together and are both very happy and relaxed. Keith always wears Curve cologne. Now, whenever Stefanie smells Curve cologne, she feels happy and relaxed.

UCS: Keith...spending time with Keith

UCR: happy/relaxed

CS: Curve

CR: happy/relaxed

UCS: candy

UCR: feeling good/no fear

CS: rabbit

CR: feeling good/no fear