MORE CLASSICAL CONDITIONING

Now it's your turn. Four examples of classical conditioning are outlined in the following paragraphs. Each describes a situation in which an unconditioned stimulus, an unconditioned response, a conditioned stimulus, and a conditioned response occur. Can you identify the components in each example?

THE TROUBLESOME SHOWER

Martin likes to take a shower in the men's locker room after working out. During one such shower, he hears someone flushing a nearby toilet. Suddenly, boiling-hot water rushes out of the showerhead, causing Martin serious discomfort. As he continues the shower, he hears another toilet flush and immediately jumps out from under showerhead.

Unconditioned response?
Unconditioned stimulus?
Conditioned response?
Conditioned stimulus?

THE WATER SHOW

Jeanette was happy when she heard her family's plan to go to a water sports show. Then she heard the weather report, which predicted temperatures exceeding 100 degrees. Jeanette suspected that the weather would be hard to bear, but she went to the show. As she watched the water skiers perform taxiing routines to the blaring organ music, she got more and more sweaty and uncomfortable. Eventually, she fainted from the heat. After the family outing, Jeanette could never again hear organ music without feeling a little dizzy.

Unconditioned response?
Unconditioned stimulus?
Conditioned response?
Conditioned stimulus?

THE TROUBLE WITH TUNA

Brian was really looking forward to lunch. His mother had prepared a tuna salad sandwich. Unfortunately, the mayonnaise she used had been left out too long and was tainted. Not long after eating, Brain felt extremely nauseated and had to rush to the bathroom. Thereafter, the mere mention of a tuna sandwich would send Brain scurrying to the bathroom with a rolling stomach.
**CAPTAIN HOOK'S TIME PROBLEM**

Captain Hook had a nasty encounter with a crocodile in Never-Never Land. As a result of the battle, he lost his hand to the croc, which also swallowed an alarm clock. Fortunately for Hook, the loud ticking now ushers in a full-blown anxiety attack. (Be careful here.)

**AFTER COMPLETING THIS EXERCISE, YOU SHOULD BE ABLE TO...**

- **Isolate** the behaviors involved in the classical conditioned process.
- **Relate** the appropriate term to the conditioning examples.
- **Recognize** how classical conditioned procedures produce learned responses.
- **Use** classical conditioning terminology to describe the process of learning.
- **Identify** the involuntary response that is the origin of most classically conditioned responses.
- **Identify** how classical conditioning processes can cause phobic reactions.
- **Describe** how generalization extends the number of scary things that cause phobic reactions.