

POSITIVE REINFORCEMENT

A type of reinforcement that involves providing a reward or stimulus after a desired behavior in order to increase the likelihood of that behavior being repeated in the future.

EXAMPLE: PRAISE

Explanation: Comments like "Good job!", public acknowledgment of someone, or a private "congratulations".

Pros: Very fast and simple. Works in any situation.

Cons: Can be overused. Can come across as condescending.

Best For: Dogs, Teaching, Parenting, Workplace

EXAMPLE: FOOD

Explanation: We often do this for ourselves: "If I write 200 more words on this article, I can give myself a candy." It also works well for training dogs.

Pros: Powerful incentive. Works in any situation.

Cons: Some children have allergies. Can cause obesity with overuse. Sugar can lead to hyperactive behavior.

Best For: Dogs, Parenting, Workplace

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Rachna Chaturvedi



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