**UPDATE Number ‘1’ – By Mugdha Naik**

**Make an Update: *Take one key concept of behaviorism, define it and provide an example of this concept in practice.***

I am fascinated by the concept of “Conditioned reflex” by Ivan Pavlov. This can be defined as - The definition of a conditioned reflex is some action or feeling that you learn to do in response to a specific situation or stimulus. Source: <https://www.yourdictionary.com/conditioned-reflex>

And now that I have learnt it, after contemplating I can think of so many examples in day-to-day life like:

Example 1: When my newborn used to be exclusively breast-fed; I remember whenever I used to take a special pillow to place the baby, she used to get super-excited by just the sight of the pillow and start waving her arms and legs with joy and I used to get an angelic smile too, every single time. ☺ So you see, the pillow acted like a stimulus to the over-joyed response (read: reflex) as she knew milk (read: food) was near.

Example 2: My dog used to start waggling his tail as soon as I used to pick up his neck belt as he knew that means I will be taking him for a walk & play time in the garden. So even when I used to just pick up the belt, I used to get that “excited-response” from him.

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