

The Four Quadrants of Operant Conditioning

	POSITIVE (Add Something)	NEGATIVE (Remove Something)
REINFORCEMENT Increases Behavior	Positive Reinforcement Add something desirable Behavior INCREASES Examples: • Praise for good work • Paycheck for working • Treat for dog sitting • Bonus for meeting quota	Negative Reinforcement Remove something aversive Behavior INCREASES Examples: • Take aspirin, pain stops • Buckle seatbelt, beeping stops • Clean room, nagging stops • Study, anxiety reduces
PUNISHMENT Decreases Behavior	Positive Punishment Add something aversive Behavior DECREASES Examples: • Speeding gets ticket • Talk in class, get scolded • Touch stove, feel pain • Late work loses points	Negative Punishment Remove something desirable Behavior DECREASES Examples: • Misbehave, lose recess • Break curfew, lose car keys • Poor grades, no video games • Hit sibling, toy taken away

Key: Positive/Negative = Add/Remove (not good/bad) | Reinforcement/Punishment = Increase/Decrease