

Classical Conditioning Phobias Worksheet

Fear is a learned behavior and it is learned through classical conditioning. When a neutral stimulus, a thing that does not cause fear is paired up with the unconditioned stimuli or the thing that causes fear. This pairing up can lead to the learned response of fear toward the recent condition stimuli. Your past bad experience can trigger the response of fear every time you encounter a similar situation. Following is the graphical representation of how classical conditioning works in the formation of phobias.

