change

Supposing that there are two button, white and black, there is a mouse ,and the mouse pushes

the white button , we will give some snack. On the other hand, supposing that there is the other

mouse in same buttons and the mouse pushes the black button , we will punish it using electric

shock. Then what will happen next? While the first one can push the white button very well, the

second one doesn’t improve its behavior to push the white button. This is what we see between

the positive reinforcement and negative reinforcement. This experiment has a limitation because

human’s mechanism is much more complicated than the animal’s, but according to B.F. Skinner ,

The positive one is more useful than the negative one for the humans too. This thought gave me

huge inspiration and it changed my life.

When I’m back in my school days, my father was very strict to me because I was the first child

so he wanted me to be almost perfect. When he found my mistakes , he didn’t hesitate to point

out my mistake. So I’m used to finding not only my mistakes but also other’s mistakes. I was a

kind of nagger. Even though I had good purpose to encourage them , it was just nagging to them.

There was reduced speech at home and our relation was much worse than before.

As time went by, I married and gave birth , I did almost same to my daughter. In addition, I’m

used to saying negative words such as “Don’t do that!, No!..” Because I thought that they know

their mistake so that they should correct their behavior but it was the wrong thought.

However I had a chance to change my life by reading books which are about the praise and

positive reinforcement. I was so impressed after reading these books that I decided to implement

these which are not flattery but have sincerity and empathy. I haven’t focused very much on the

negative aspect since then ,and then my family including me began to change. It makes me think

positively and I can make a good rapport with family members, friends and co-workers.

Until now, I try to remember these. Whenever I sometimes come up with negative thought , I

read these sentences.” We can make a mistake. We should find out even one good aspect and

praise it rather than we find out 9 mistakes and scold them. If you do, you can guide him to the

right direction” It is by Dale Carnegie.