**Notes on Skinner and Rogers**

**Skinner holds that our behavior is control by conditions:**

**Harsh or punitive conditioning: Our behavior feels forced when we are punished or threatened with punishment. Some one is twisting our arm and forcing us to say "uncle."**

**Non-harsh or rewarding conditioning: Our behavior feels free and our own when we are controlled by rewards. No one is twisting our arm and forcing us to do anything, rather we "feel free" when we do it voluntarily for the rewards. When the basketball player enjoys the free feeling of shooting baskets, the shooting feels free even though it is still controlled by the rewards of shooting**

**Rogers holds both the thesis that our behavior is completely determined and the contradictory thesis that our behavior at times can be chosen freely:**

**As a scientist, Rogers agrees with Skinner that all our behavior is determined.**

**As a counselor. Rogers disagrees with Skinner in that Rogers has seen patients struggling through therapy to make deep and free choices.**

**Rogers himself compares this apparent contradiction in psychology to be like the contradiction in physics between the wave theory of light and the corpuscular theory of light.**

**In the wave theory of light, the light propagates through a medium, the aether, just as a wave of circles propagates through the medium of a lake of water when the plunge my fist into it. The wave is continuous as it spreads.**

**In the corpuscular theory of light, light is emitted as packets of quanta, bundles of energy shooting out from the light source, but not continuously but rather like a shotgun, only as the trigger is pulled intermittently shooting out intermittently.**

**So Rogers holds that human behavior is both determined but free at times just as light is continuous but also discontinuous. He does not know how to resolve this apparent contradiction.**

**Some Questions for the view by Skinner:**

**(1) Is reward a necessary condition for change of behavior?**

**(2) Is reward a sufficient condition for change of behavior?**

**(3) Is punishment a necessary condition for change of behavior?**

**(4) Is punishment a sufficient condition for change of behavior?**

**(5) Is change of behavior a necessary condition for us to know that reward has occurred?**

**(6) Is change of behavior a sufficient condition for us to know that reward has occurred?**

**(7) Is change of behavior a sufficient condition for us to know that punishment has occurred?**

**(8) Is change of behavior a necessary condition for us to know that punishment has occurred?**

**Questions for the view by Carl Rogers:**

**(1) Are the Rogerian conditions a necessary condition for us to know the Rogerian predictions will occur?**

**(2) Are the Rogerian conditions a sufficient condition for us to know the Rogerian predictions will occur?**

**(3) This question is very hard: How can it be that there are conditions in our interaction that will bring about profound human freedom? In other words, how can necessity in our interactions give rise to freedom?**