



RESOURCES

Further Reading (to explore more about behavior learning, coping mechanisms, avoidance, anxiety and more):

Barlow, D. H. (2004). *Anxiety and its disorders: The nature and treatment of anxiety and panic*. Guilford press.

Carver, C. S., & Connor-Smith, J. (2010). Personality and coping. *Annual review of psychology*, 61, 679-704.

Krypotos, A. M., Effting, M., Kindt, M., & Beckers, T. (2015). Avoidance learning: a review of theoretical models and recent developments. *Frontiers in behavioral neuroscience*, 9, 189.

Skinner, B. F. (1938). *The behavior of organisms: An experimental analysis*. New York: Appleton-Century-Crofts.

Skinner, E. A., Edge, K., Altman, J., & Sherwood, H. (2003). Searching for the structure of coping: a review and critique of category systems for classifying ways of coping. *Psychological bulletin*, 129(2), 216.

Watson, J. B., & Rayner, R. (1920). Conditioned emotional reactions. *Journal of experimental psychology*, 3(1), 1.