



# Unconditioned Motivating Operations "UMO"

Events, operations, and stimulus conditions with value-altering motivating effects that are unlearned.

Humans are BORN WITH nine main UMOs.

- Sleep Deprivation
- Food Deprivation
- Water Deprivation
- Activity Deprivation
- Oxygen Deprivation
- Sex Deprivation
- Temperature Changes (being too warm or cold)
- Increase in Pain

Cooper et. al., 2020