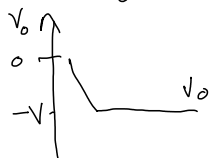


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DV is maintained by B

V_o keeps decreasing

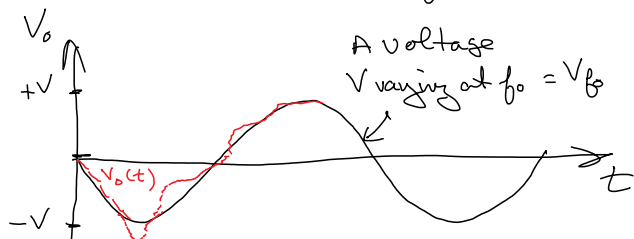


But V_o can only decrease at a specific rate because positive feedback, B,

only active at one frequency

$$f_0 = \frac{1}{2\pi CR\sqrt{6}}$$

This keeps V_o changing at frequency f_0



If our output voltage $V_o(t)$ changes faster or slower than a voltage varying at frequency f_0 (our V_{f_0} above) then $B = B(f)$ changes gain and phase so that it

No longer applies the same amount of positive feedback $B(f)$

This gives the negative feedback dominance and it forces $V_o(t)$ to change more slowly or faster, and returns it to track the V_{f_0} curve.

Basically, the negative and positive feedbacks balance to keep $V_o(t)$ changing at the same rate as a sine wave voltage V_{f_0}

But why does it turn around and go positive instead of just going to $-V_{\text{power supply}}$?
See Power Points