

Consistency

is for

CLOSERS

①

Time cues are important!



STABLE TIME CUES

means doing things at the same time of day too

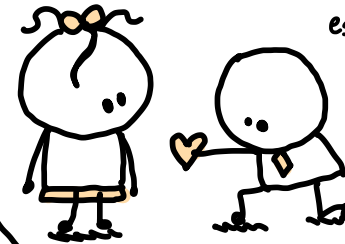


ex. with medication

②

OTHER PEOPLE

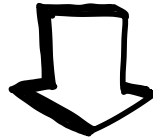
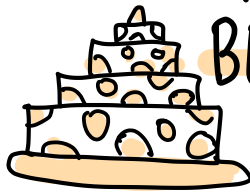
can be stable cues, especially in close relationships



BEHAVIORAL INTERDEPENDENCE

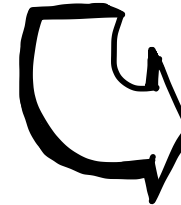
③

STACK BEHAVIORS



REWARD PREDICTION ERRORS

we react to the rewards we are not expecting, but not so much to expected rewards !!!



Couples experience

MINDLESSNESS

towards habitual meshed interaction sequences



CONTEXT

is not just physical!

- ① time of day
- ② state of mind
- ③ other people

① use existing behaviors as a cue $O \rightarrow O$

② swap one behavior for another $O \leftrightarrow O$



In business, two companies team up so one product becomes a cue for another

eBay

Paypal