

Habit

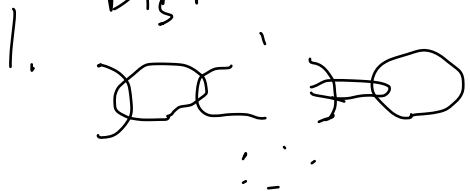
Repeat action → get reward → Habit formed

Self-control myth

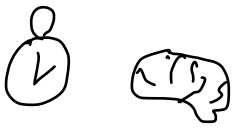


Change habits

Disruption

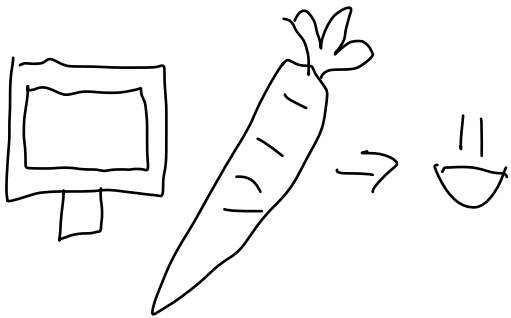


2. Immediate Reward

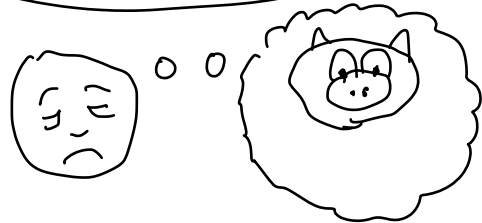


3. Timeline

Habits



Distraction danger



Role of Context

Choice

