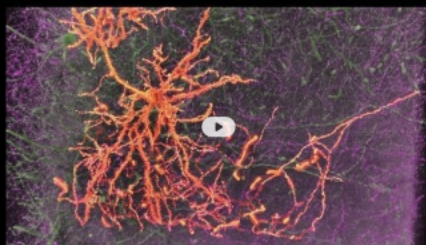




Construirea si Deconstruirea de Obiceiuri

Andrei Roșca

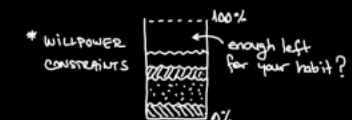
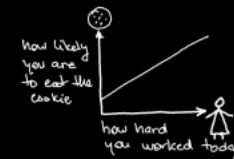


DE CE NE-A FOST GREU PÂNĂ ACUM?

intention without action
[HARMS]
self-confidence !

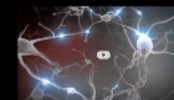
AFRUTEA SĂ
CLAR NU PUT!

emotional
self-regulation



stressed or tired? → brain defaults to most used path

* limbic friction in NEUROSCIENCE
ego depletion theory in PSYCHOLOGY

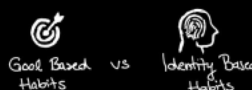


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pe site-ul change.ro/DoItYourself



CUM FĂCEM SĂ NE FIE UNU UȘOR ?



- 6 HN
1. CERTAINTY
 2. VARIETY/UNEXPECTED
 3. SIGNIFICANCE
 4. CONNECTION
 5. GROWTH
 6. CONTRIBUTION



HABIT'S STRENGTH

1. context dependent? YES = weaker NO = stronger
2. willpower requirement LOWER = stronger HIGHER = weaker

între 18 și 254 de zile



TOTAL DISRUPTORS HABITS

- alcohol
- weed
- binge eating before sleep
- insufficient sleep

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