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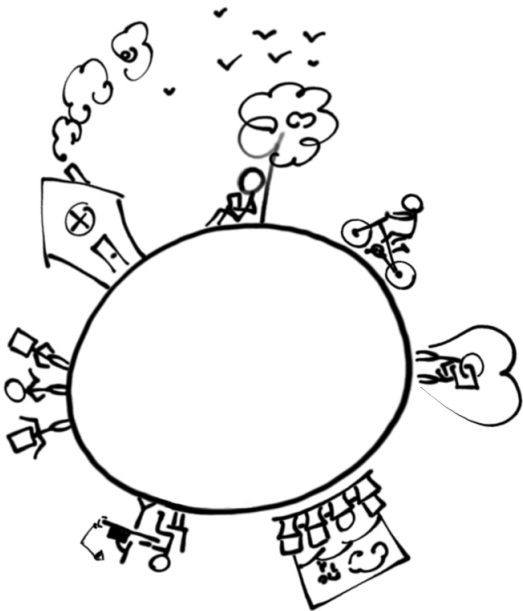
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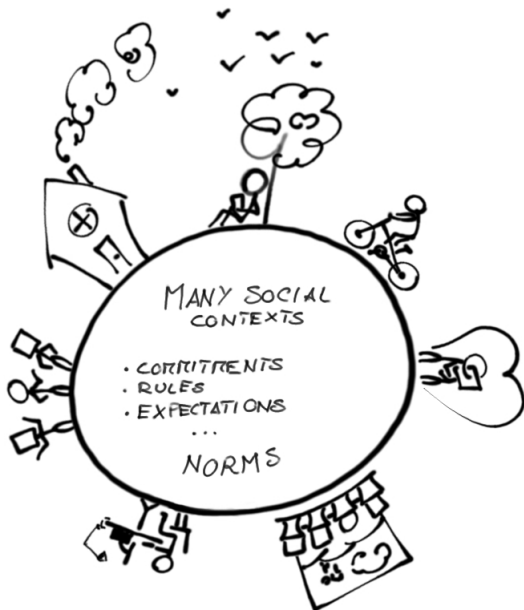
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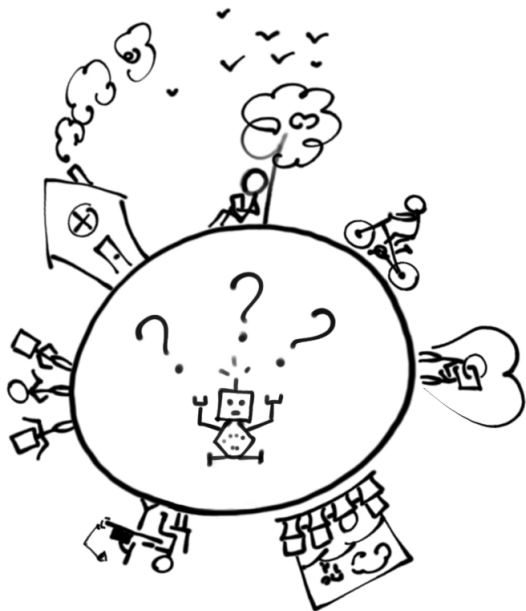
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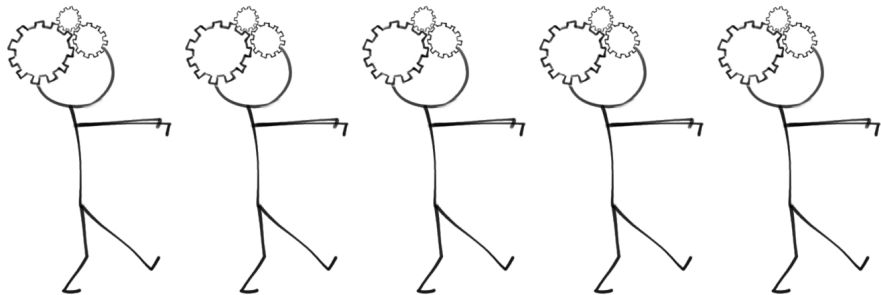


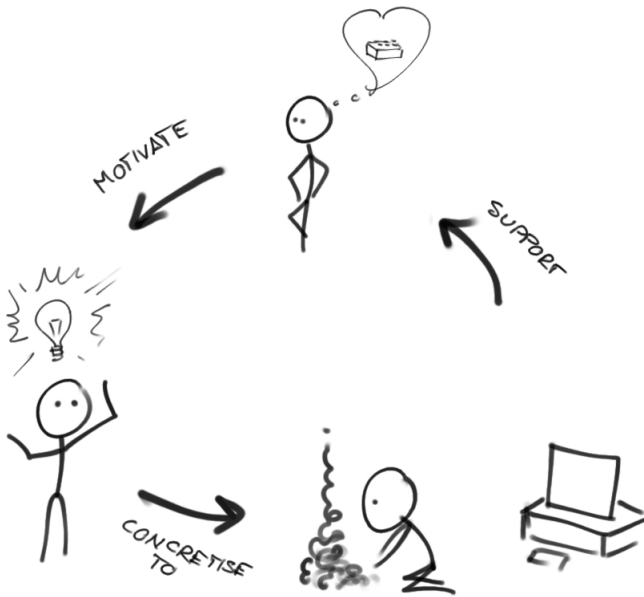


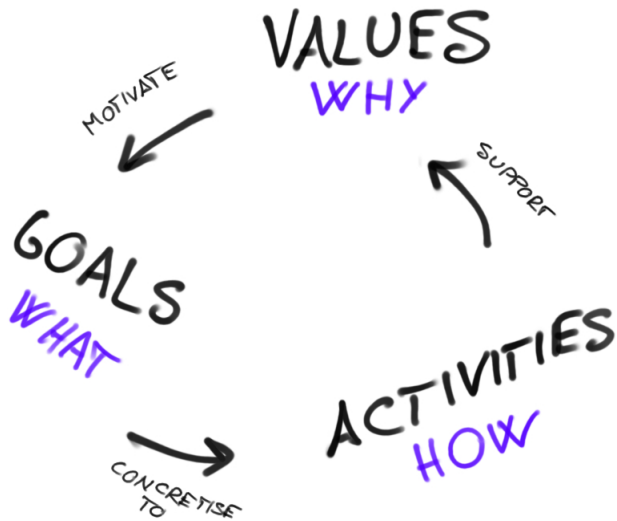


The risks of habits

- ▶ automaticity → blindness to exceptions and new possibilities
- ▶ goal-unawareness → *why-was-I-doing-that-effect*
- ▶ trigger sensitivity → powerlessness, awkwardness









= MOTIVATIONAL STRUCTURE

= BEHAVIOURAL STRUCTURE

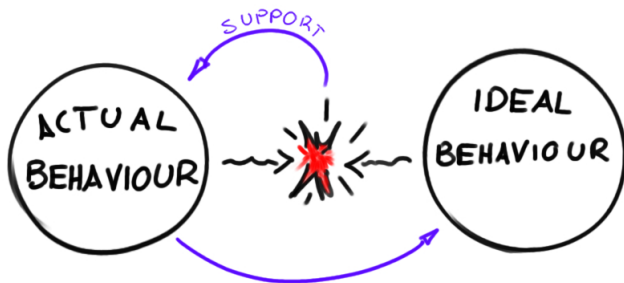


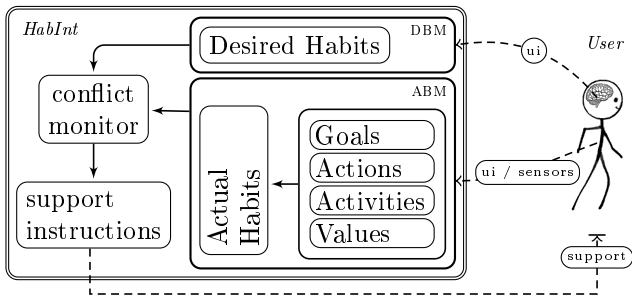
= MOTIVATIONAL
STRUCTURE

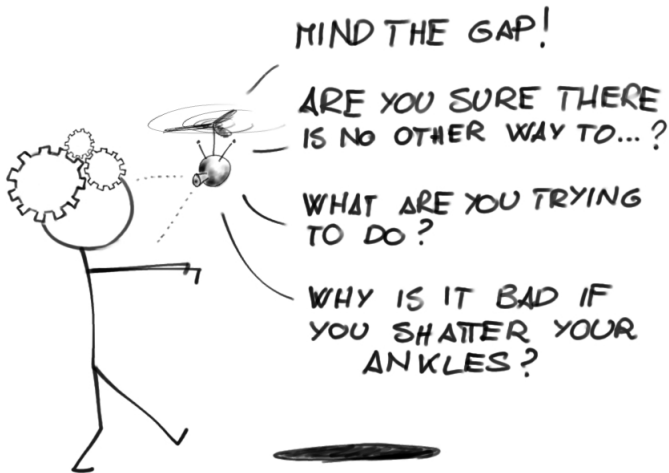
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HOW COULD
IT BE BETTER?



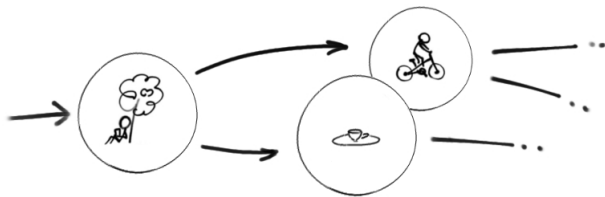


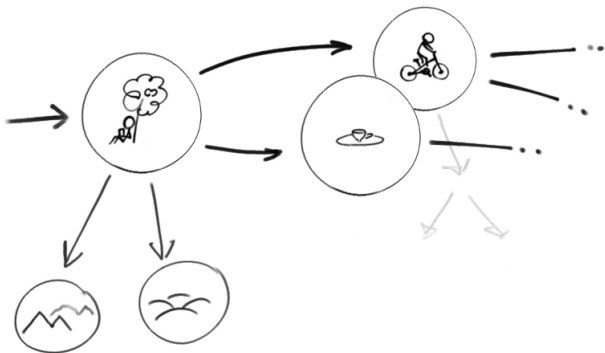


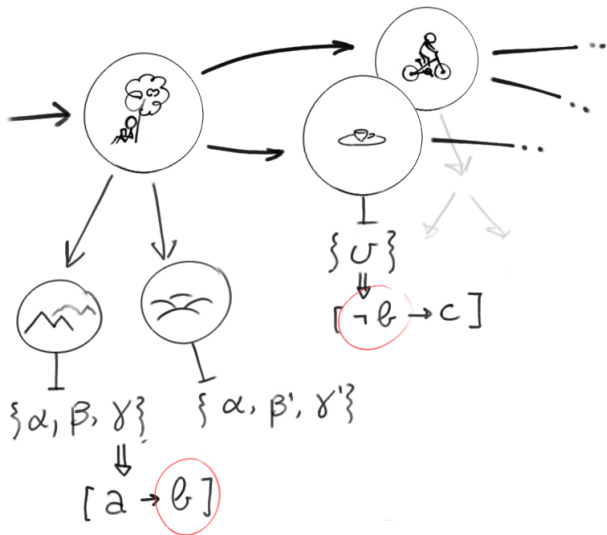


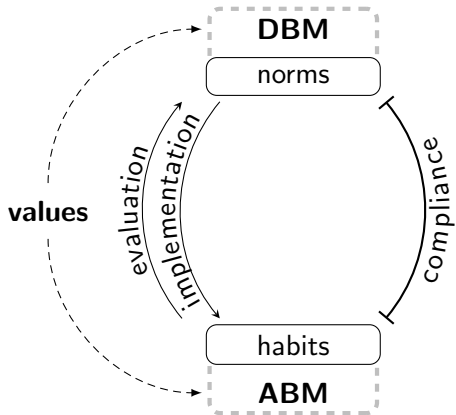
core challenges:

- ▶ unified formal model
- ▶ conflict monitor
- ▶ concept, ethical issues, e.g. privacy, responsibility...









The
End.

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