

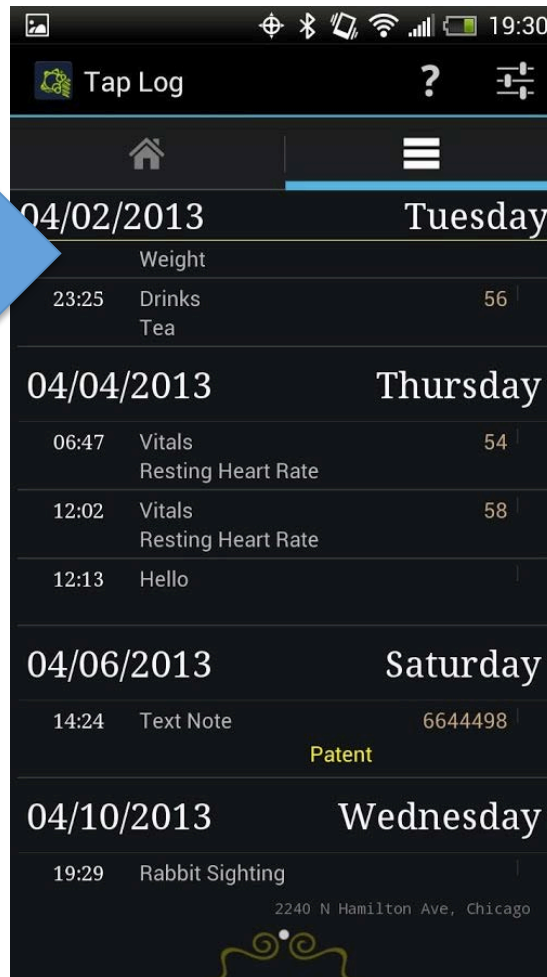
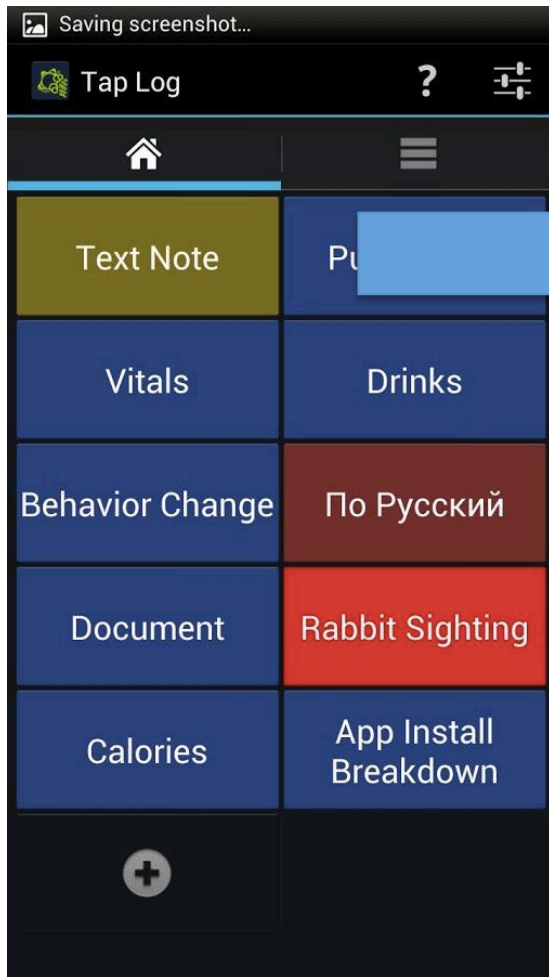
We Never Fight on Wednesdays

Paul LaFontaine

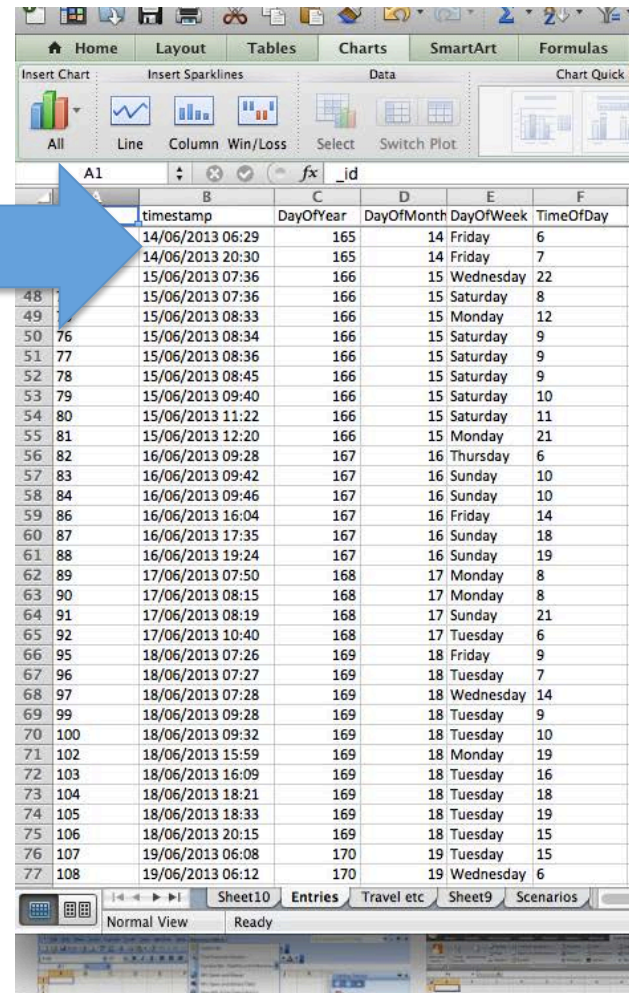
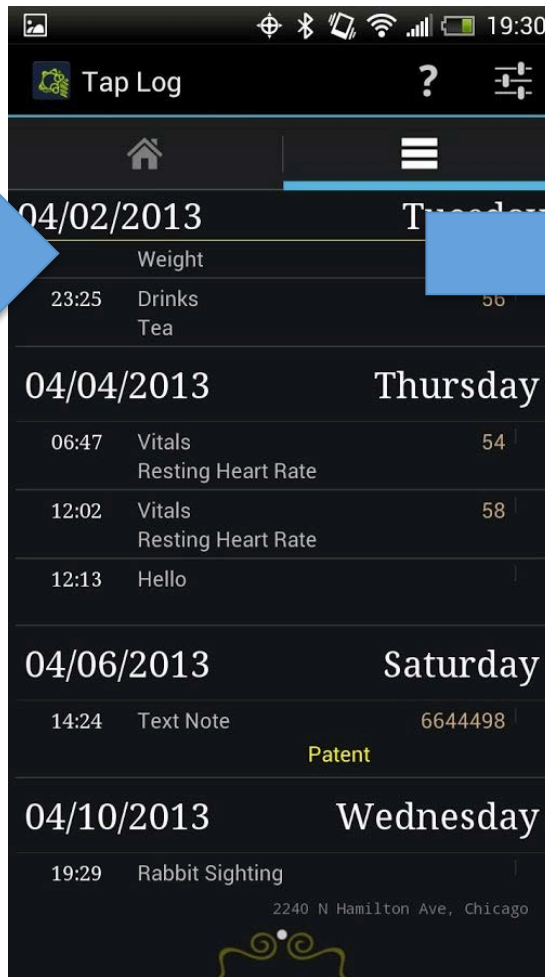
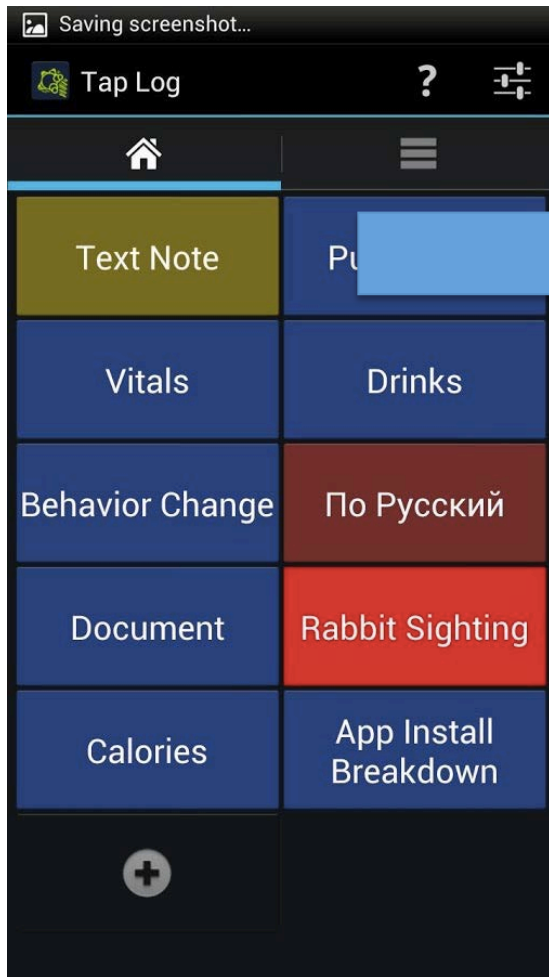
Reduce Upset Reactions



Mechanism



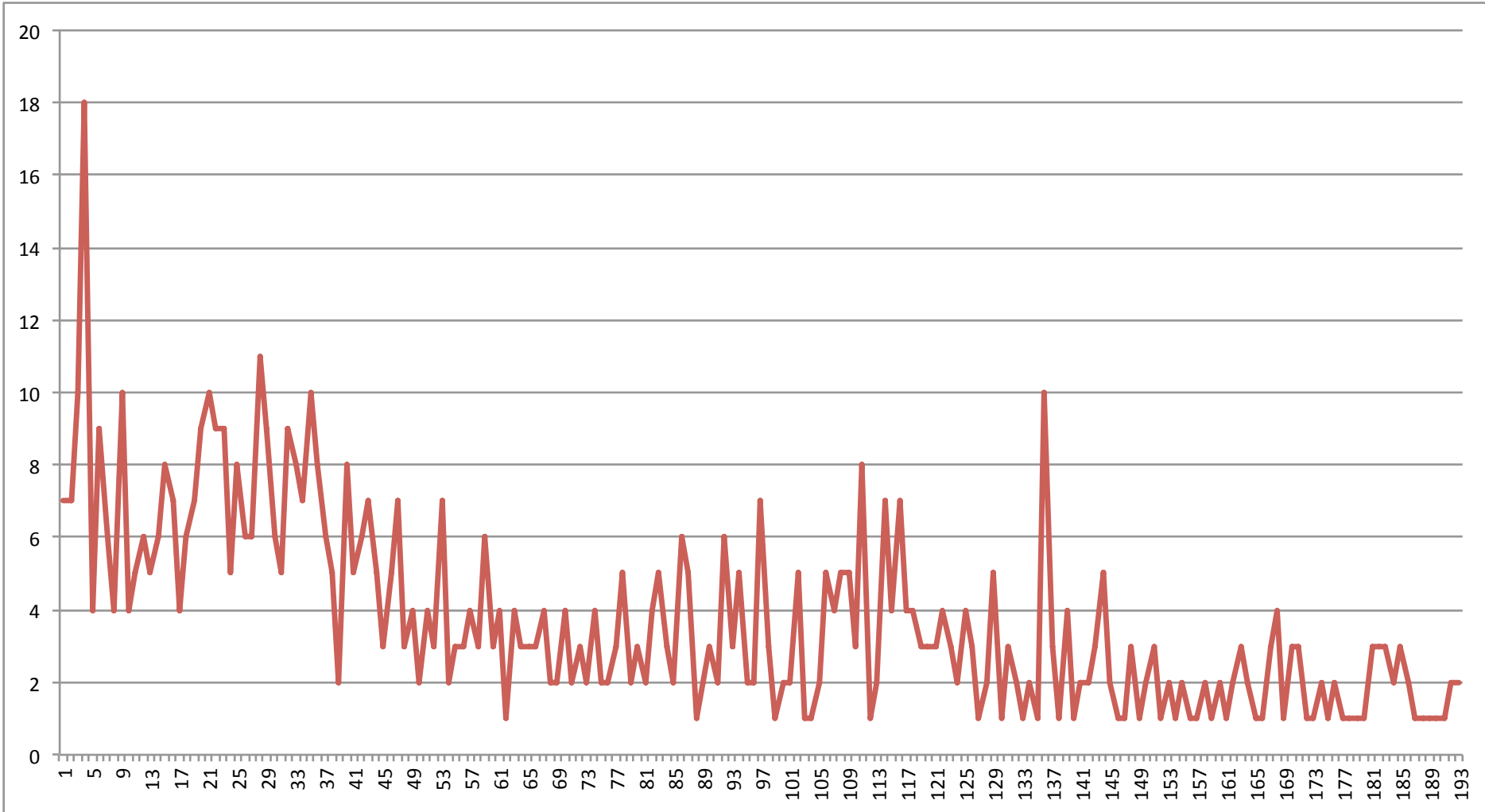
Mechanism



Feeling & Thinking

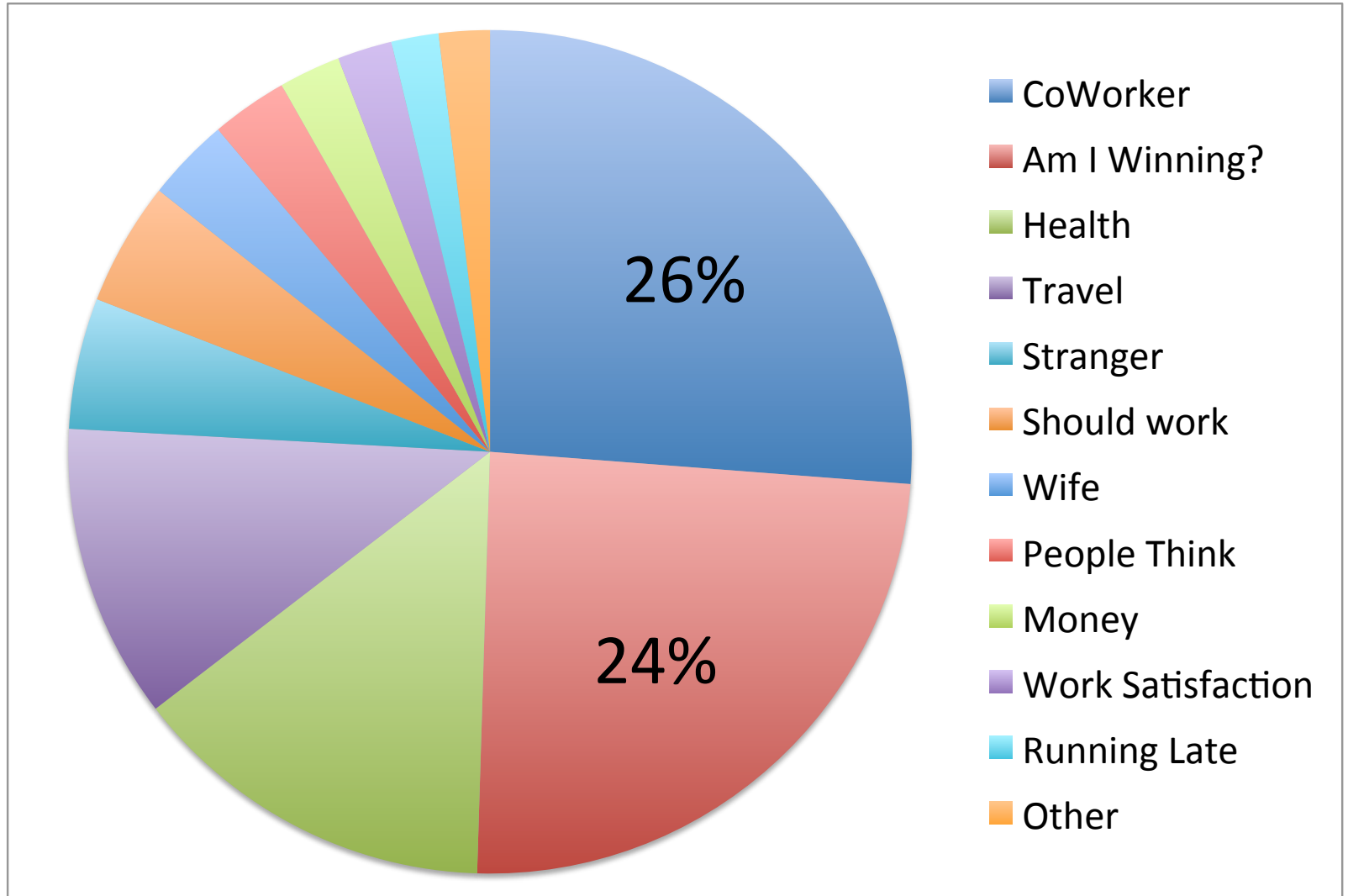


Log Entry Volume

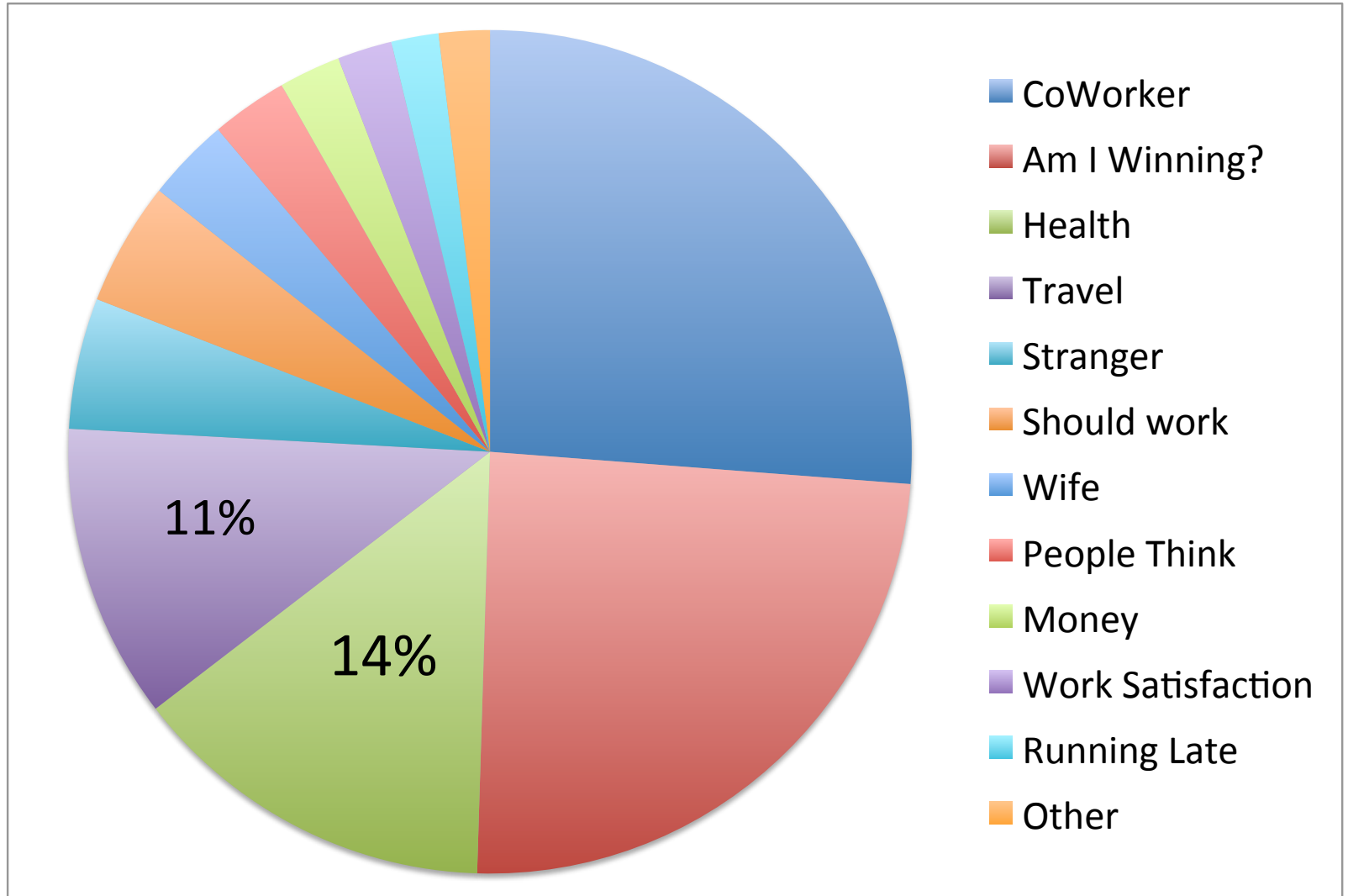




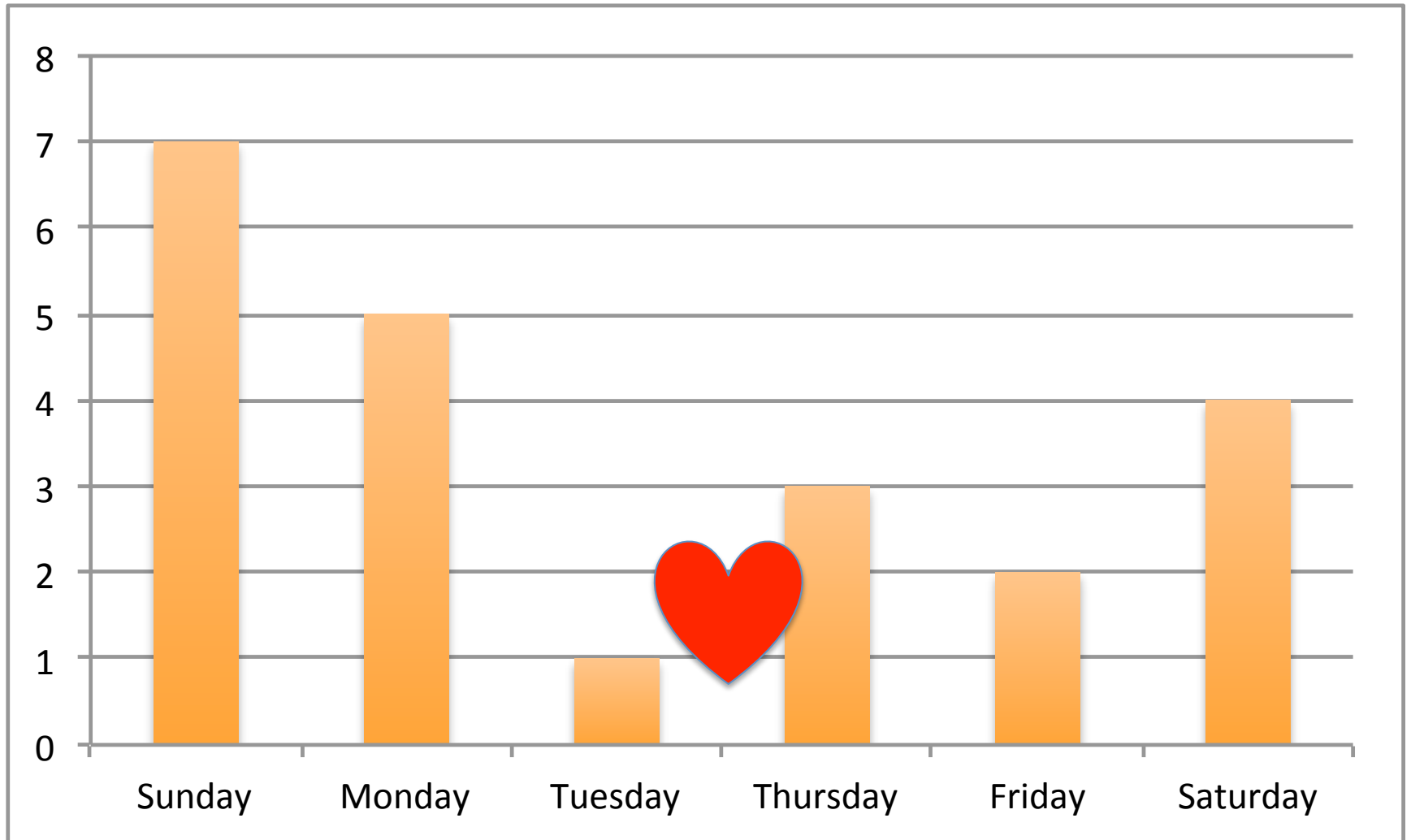
Triggers in Total



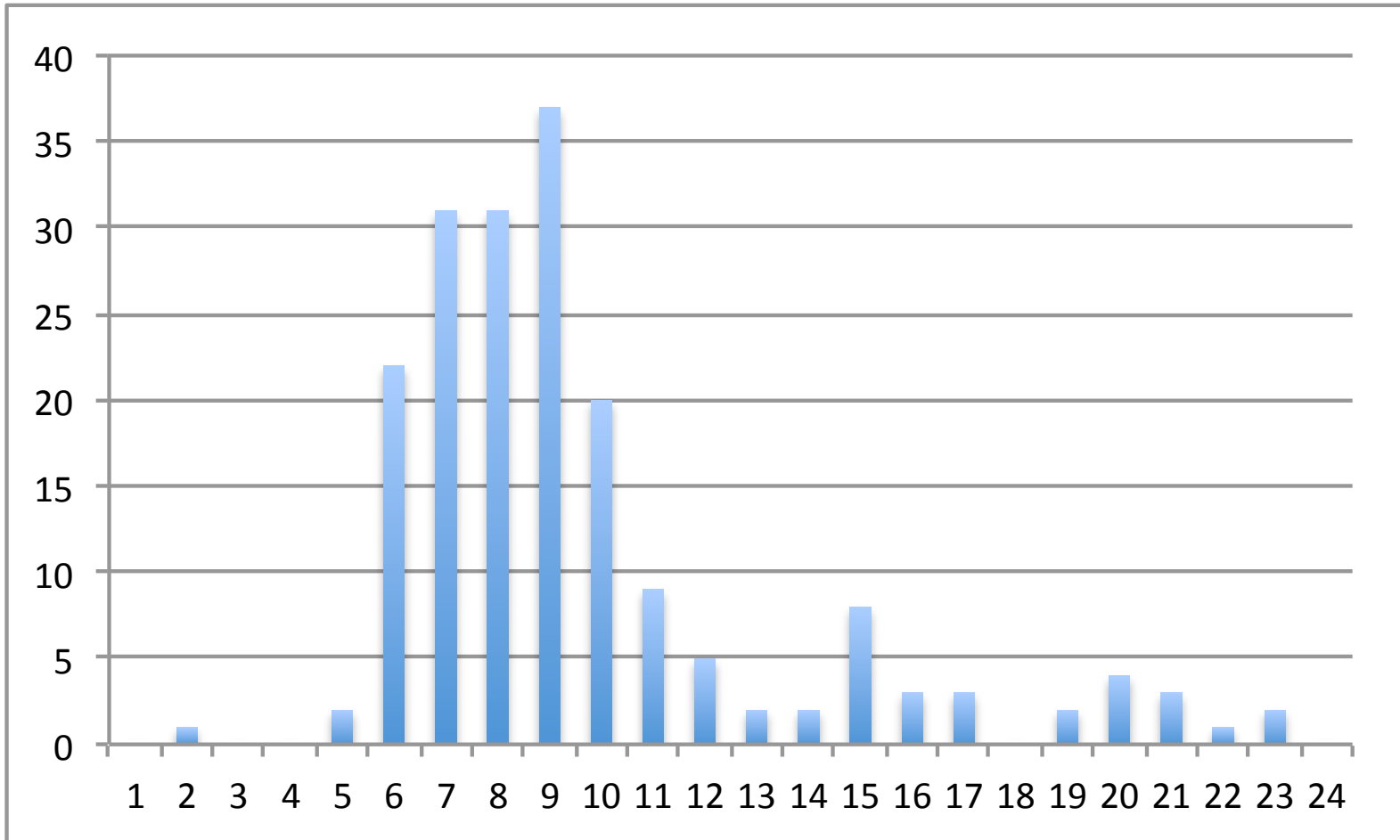
Triggers in Total



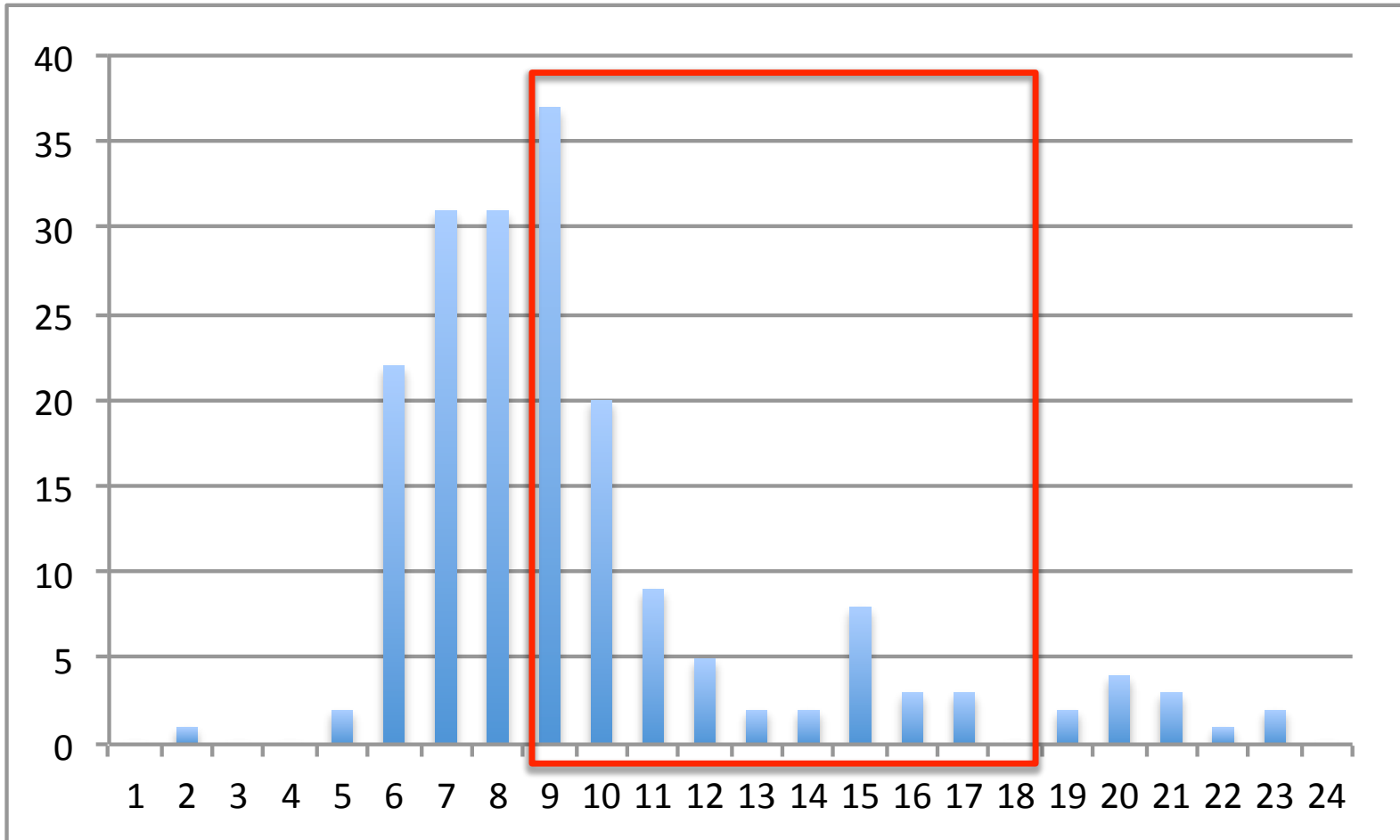
Triggers - Wife

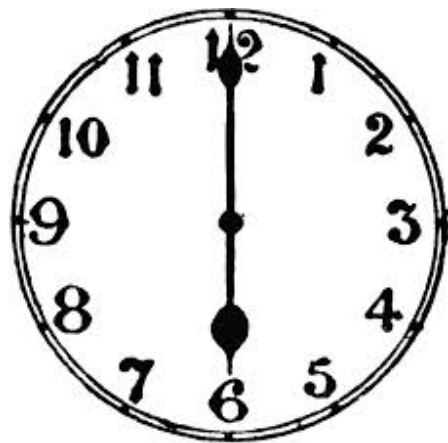


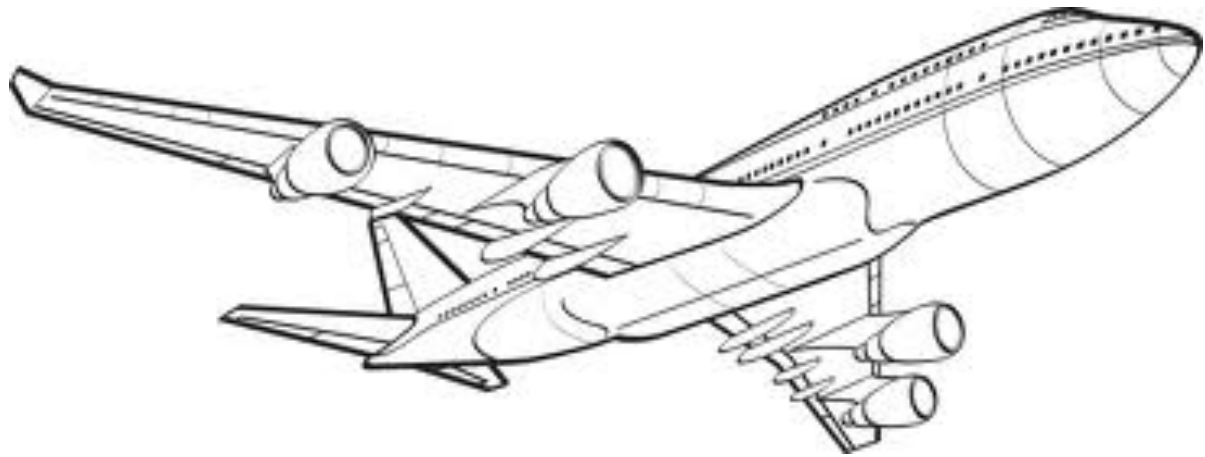
Triggers – Coworker by hour



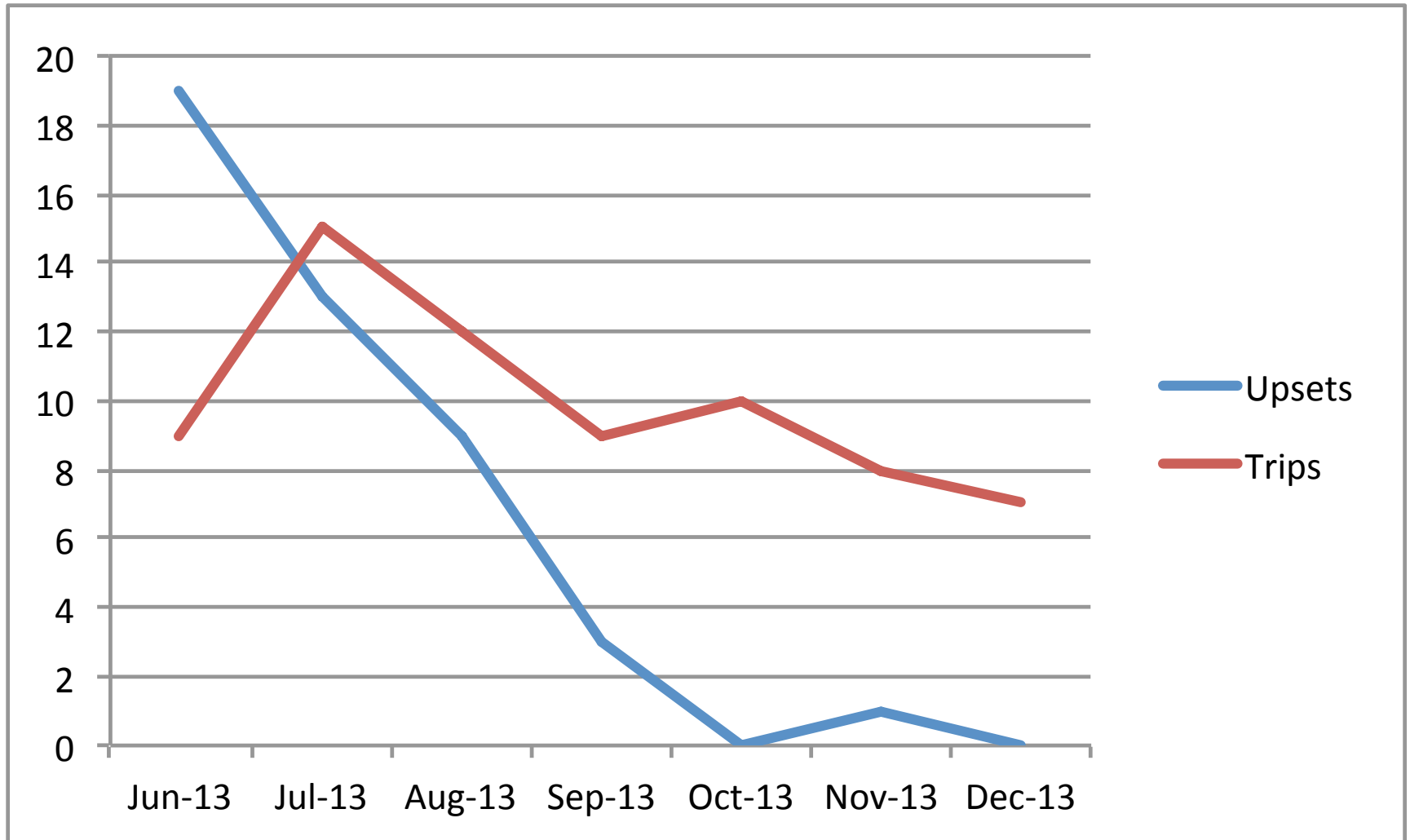
Triggers – Coworker by hour







Trend - Travel









Calendar

Today



April 2014

Day

Week

Month

4 Days

Agenda

More ▾



CREATE ▾

▼ April 2014 < >

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

▼ My calendars ▾

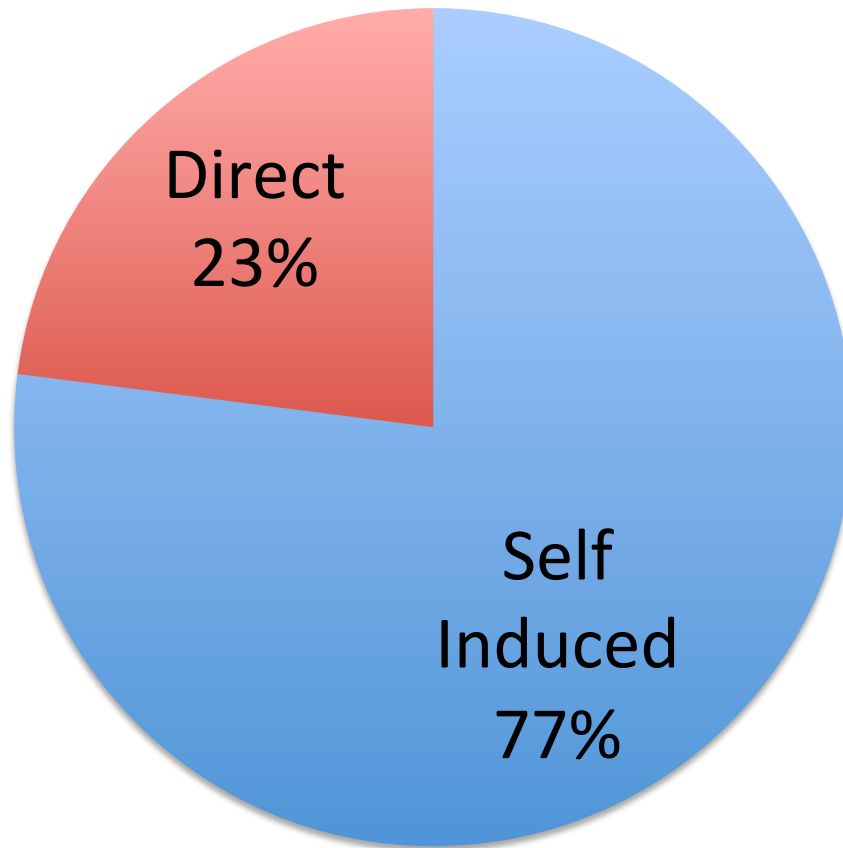
- Paul LaFontaine
- Tasks

▼ Other calendars ▾

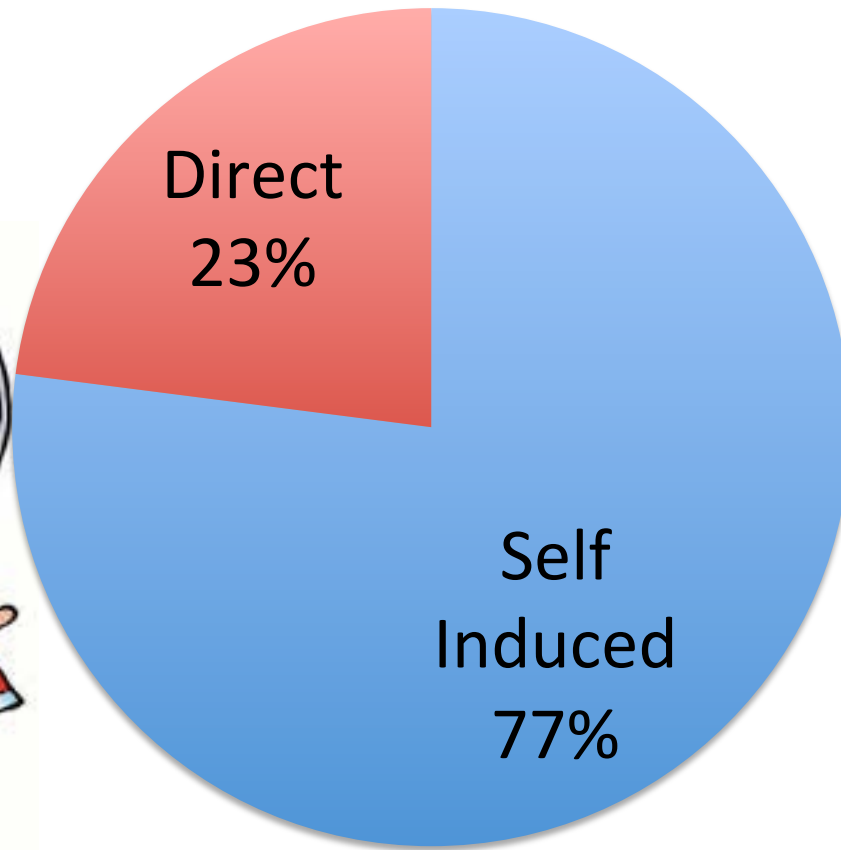
- Add a friend's calendar
- Paul LaFontaine

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 DIHAD - Dubai	31 13:00 Call with Getting M 15:00 See wills 16:00 johm Moelligott	Apr 1 12:30 Lunch with Tamsi 13:30 The Work with Pe	2 13:30 The Work with Pe 14:00 Andrew Ultrup	3 13:30 The Work with Pe 14:15 With Wil 20:00 with pernille	4 12:30 With Pernille 13:30 The Work with Pe	5 13:30 The Work with Pe
6	7 12:00 Maddox to Groom 13:00 Call with Getting M 16:00 with jeoron the wc 20:00 The Gate with Chi	8 09:30 colin haircut 10:30 with Joergon 14:00 Getting More Call +2 more	9 Travel to SF & Philadelphia	10	11	12
13 Travel to SF & Philadelphia	14 13:00 Call with Getting M	15 Getting More Office	16	17	18	19
20 marrakech	21 13:00 Call with Getting M	22 Dinner Lisa Hillier (set	23 Viet Nam	24	25	26
27 Viet Nam	28 13:00 Call with Getting M 18:30 LSE Alumni Ev	29	30	May 1	2	3
← (00:00) Towpath 10-						

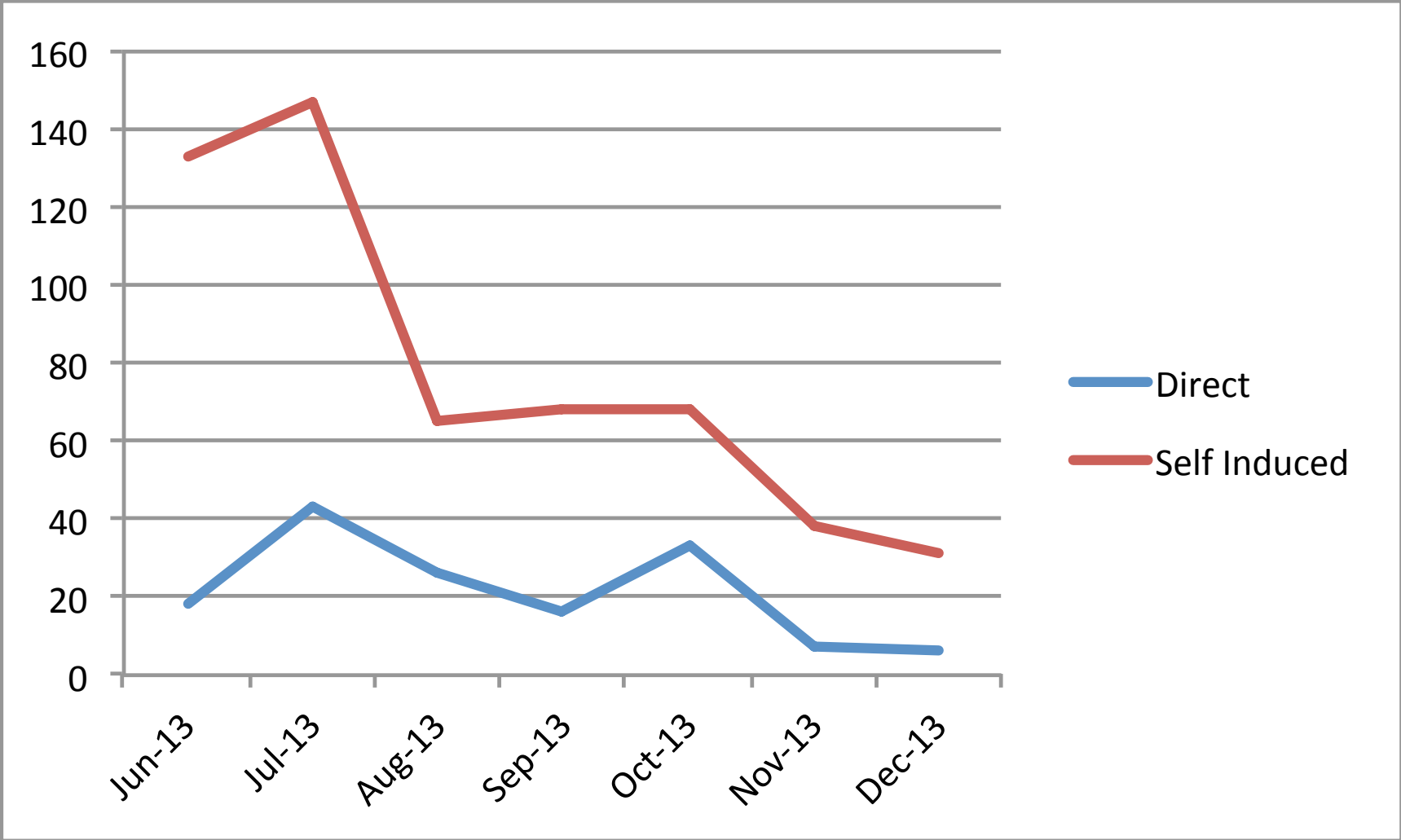
Direct vs Self Induced



Effect of Observation



Direct/Self Induced Over Time



Results from Observing



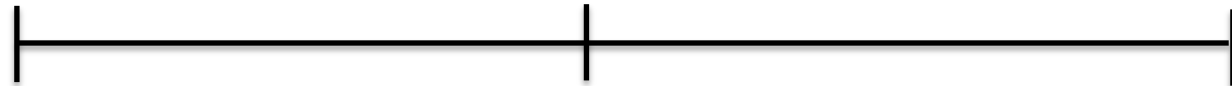
INTENSITY



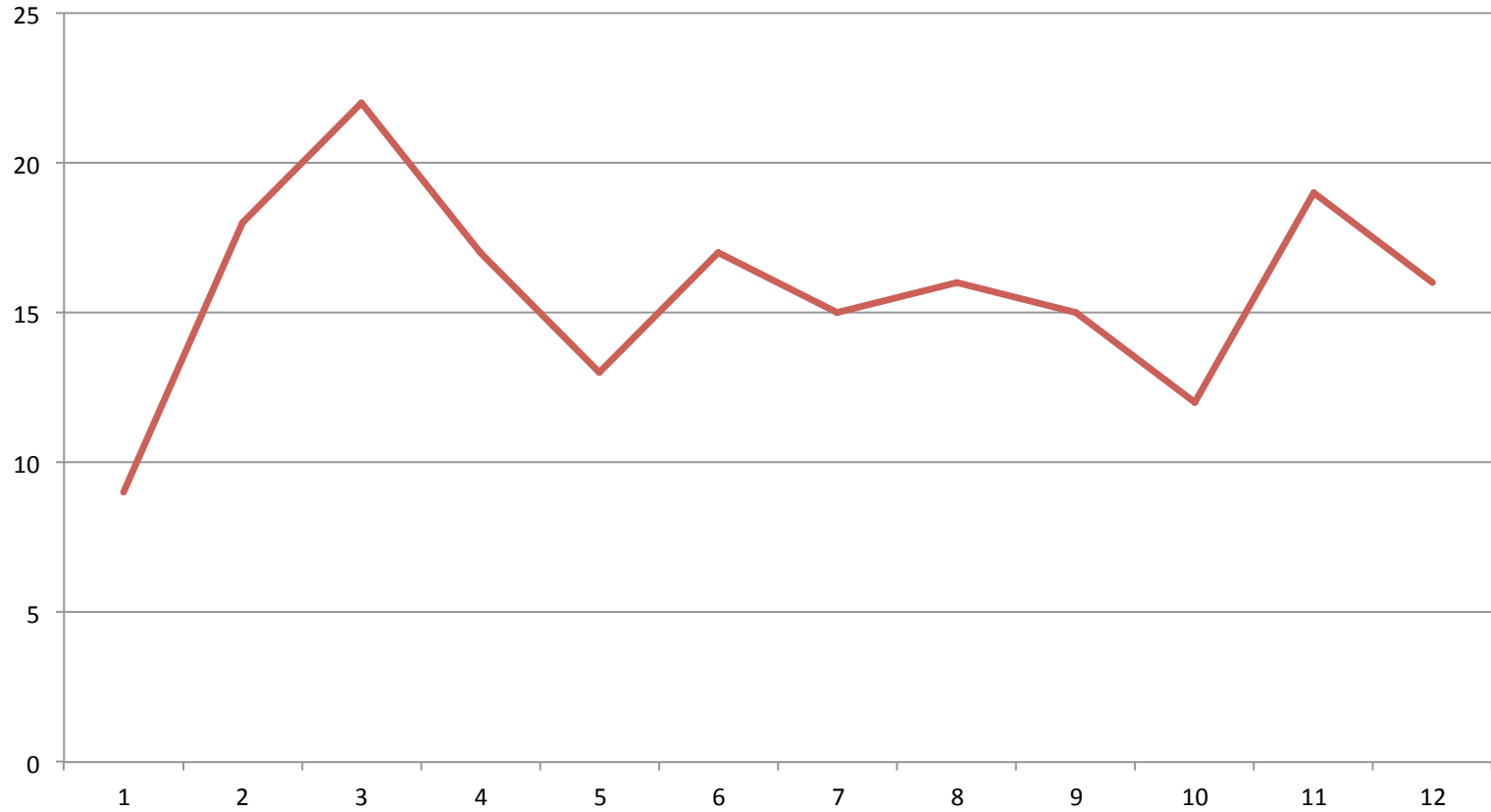
1

5

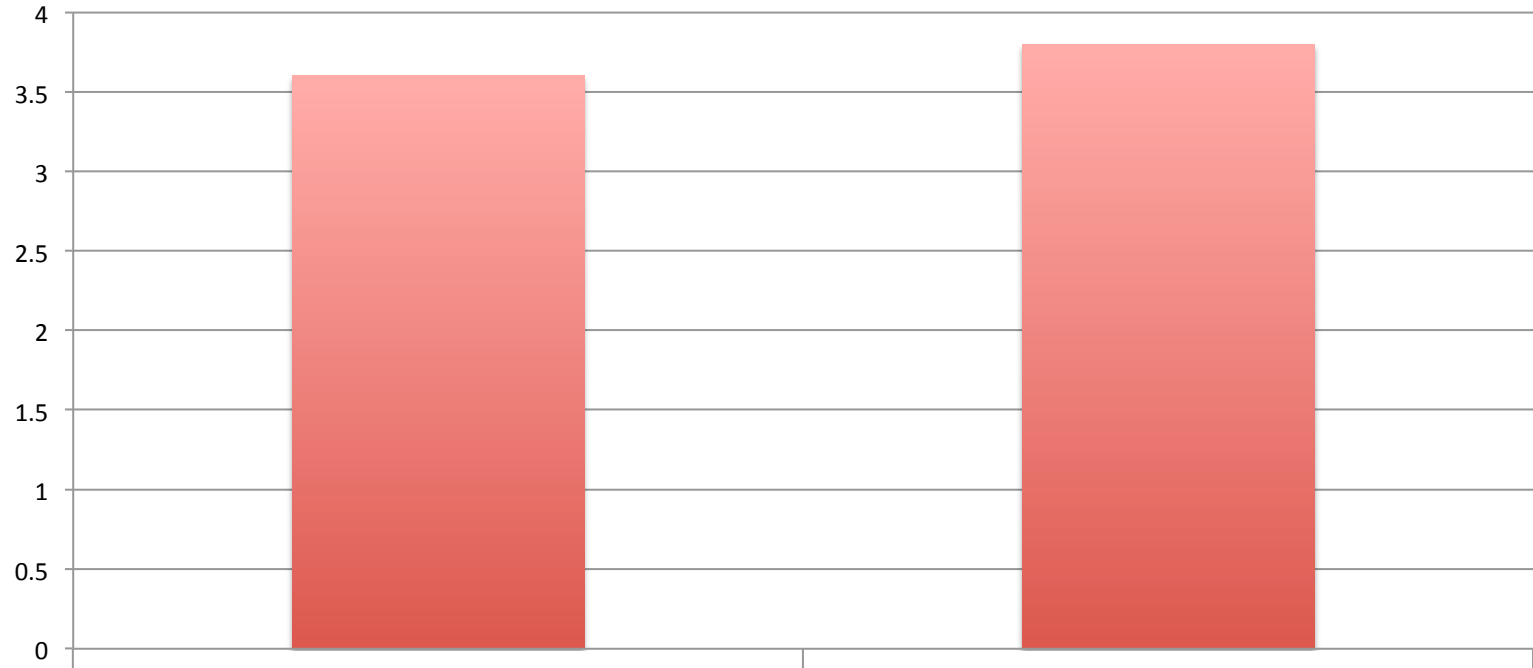
10



Log Entry Volume



Intensity



Direct

Self Induced

$$S^2 = 1.25$$

$$S^2 = 1.20$$

Effect of Exercise



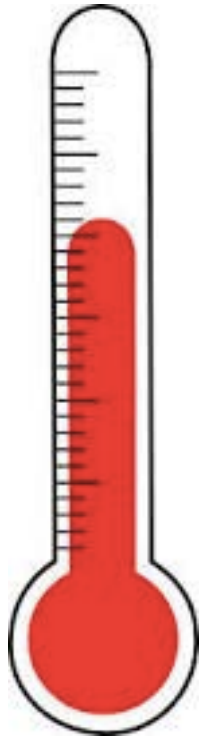
$r = -.38$



$r = -.62$



Effect of Temperature



$r = -.18$



$r = -.58$



Change from Previous State



$r = .19$



$r = .39$



Conclusions

- Direct & Self-Induced are different
- Exercise helps reduce intensity for both
- Logging reduces volume of Self-Induced



@QuantSelfLaFont

<http://QuantSelfLaFont.com>