

## Rewards:

*People form habits due to interest of obtaining a reward*

### (Wood, 2017)

- Dopamine signals become less active as habits form and the reward becomes expected
- As habits strengthen, people naturally become less sensitive to rewards

### (Brown, et al., 2020)

- People form habits due to interest of the outcome (reward)
- Positive interest in the reward is the determining factor for formation

## Habit Strength: *Various factors influence strength of habits*

### (Gardner & Lally, 2013)

- Motivated individuals are more likely to develop strong habits than unmotivated individuals are
- Self determination regulation theory

### (Gardner & Rebar, 2019)

- habit strength will predict the likelihood of actually performing the habitual tendency, and these habits if strong will be even stronger than our motivational tendencies.

## Past Behaviors:

*Past behaviors influence formation of habits*

### (Rosen & Sims, 2011)

- People with altruistic behavior tend to form habits from their past good deeds

### (Gardner & Rebar, 2019)

- "Habit is formed when exposure to the cue is sufficient to arouse the impulse to enact the associated behavior without conscious oversight"

## Emotion Regulation:

*Habits have an influence on controlling emotion*

### (Lombardi, 2017)

- People with a higher engagement in music production have lower difficulties managing their emotions

## Habits

## Emotion: *Positive affective states increase habits*

### (Sirois et al., 2014)

- Self-compassion promotes health-behavior habits

### (Weyland et al., 2020)

- Positive affect at the end of an exercise class helps builds an exercise habit

*Goal: to develop a daily diary study investigating habit formation and maintenance*