We Never Fight on Wednesdays

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Reduce Upset Reactions
Mechanism
Mechanism
Feeling & Thinking
Log Entry Volume
Triggers in Total

CoWorker: 14%
Am I Winning?: 11%
Health: 
Travel: 
Stranger: 
Should work: 
Wife: 14%
People Think: 
Money: 
Work Satisfaction: 
Running Late: 
Other: 

Other:
Triggers - Wife

Sunday: 7
Monday: 5
Tuesday: 1
Thursday: 3
Friday: 2
Saturday: 4
Triggers – Coworker by hour
Triggers – Coworker by hour
Effect of Observation

- Self Induced: 77%
- Direct: 23%
Direct/Self Induced Over Time

- **Direct**
- **Self Induced**

The graph shows the trend of Direct and Self Induced over time from June 2013 to December 2013.
Results from Observing
INTENSITY

1 5 10
Intensity

Direct: $S^2 = 1.25$

Self Induced: $S^2 = 1.20$
Effect of Exercise

- $r = -0.38$
- $r = -0.62$
Effect of Temperature

$r = -0.18$

$r = -0.58$
Change from Previous State

\[ r = 0.19 \]

\[ r = 0.39 \]

[Green check mark]
Conclusions

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