

Behavior Control

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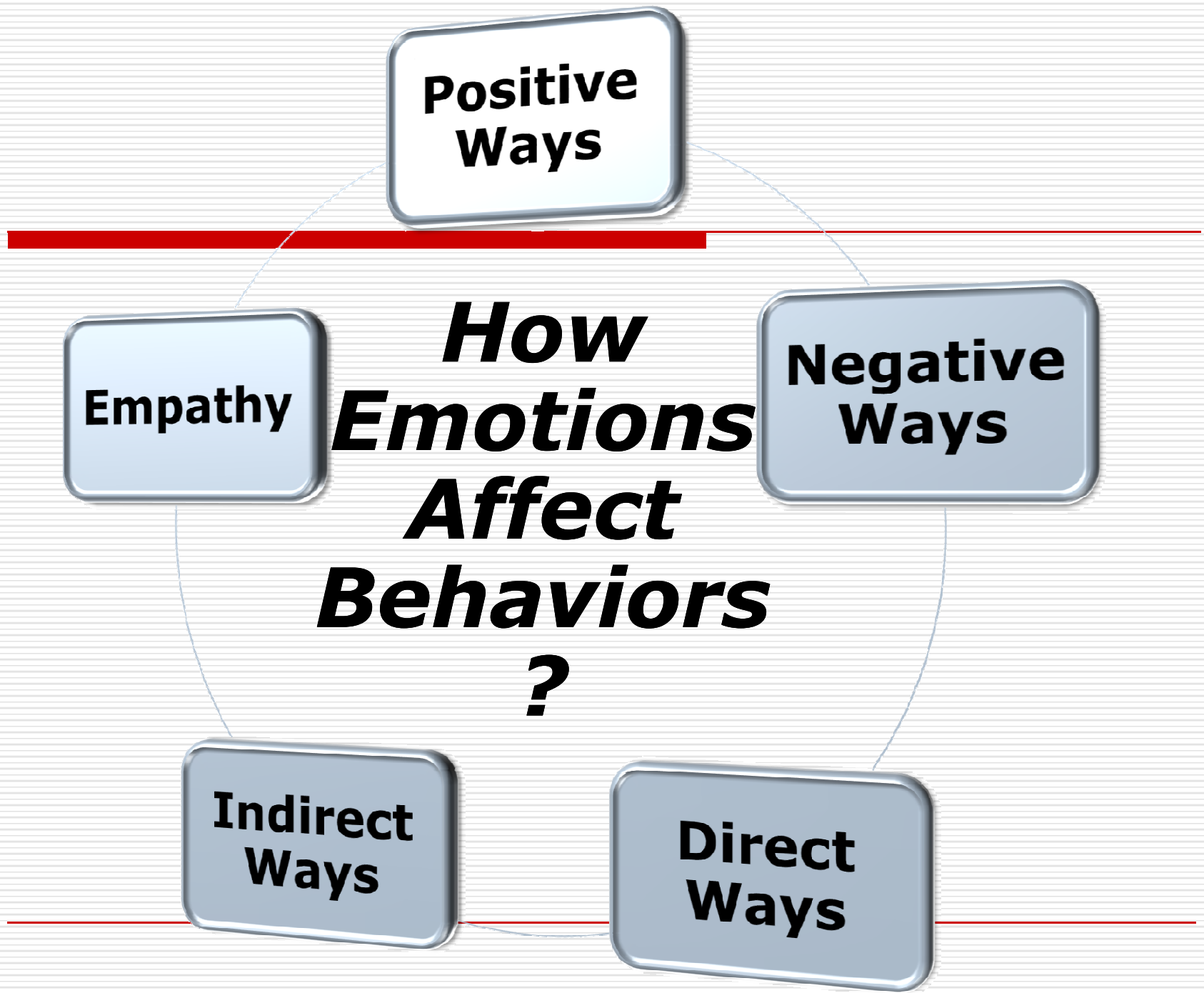
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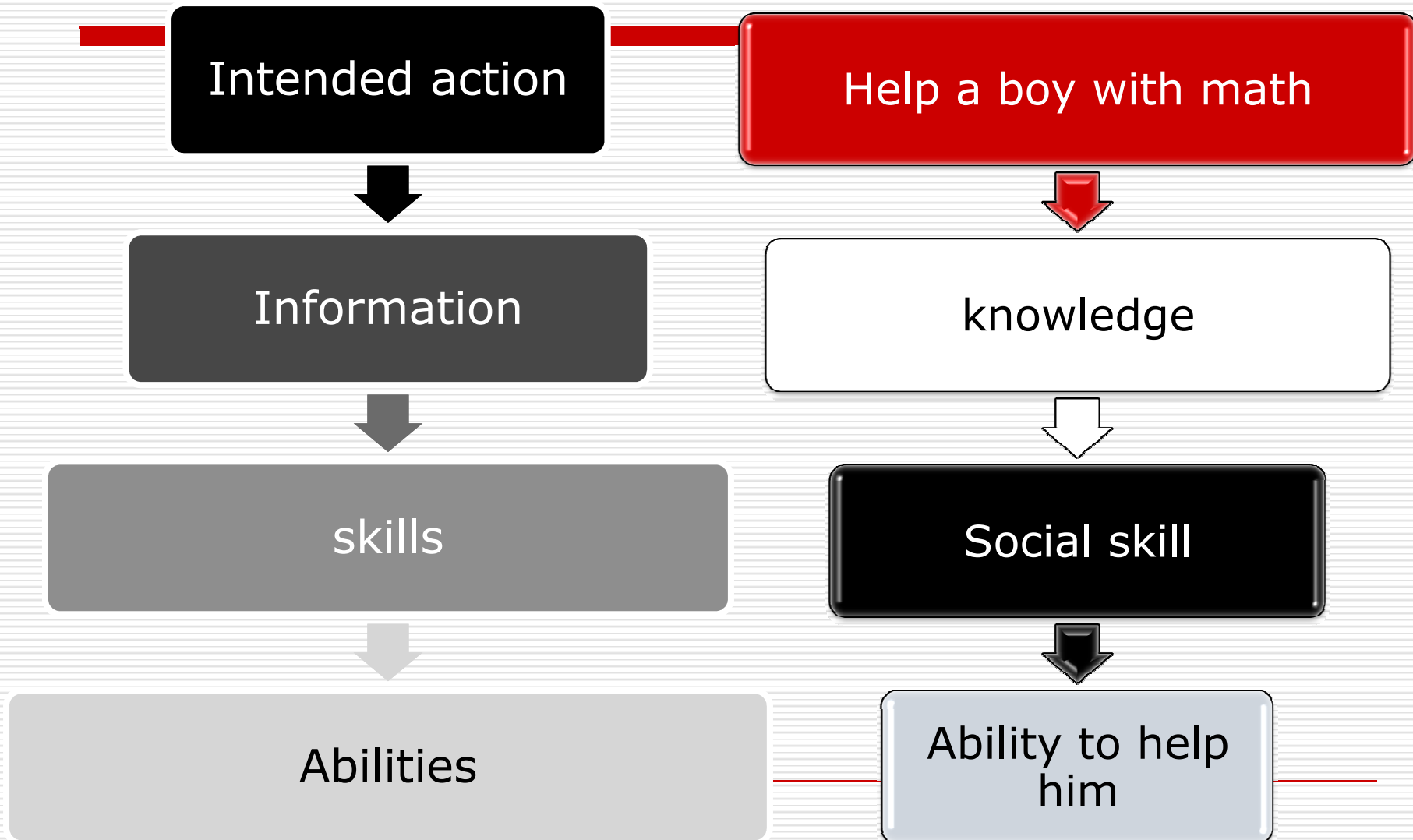
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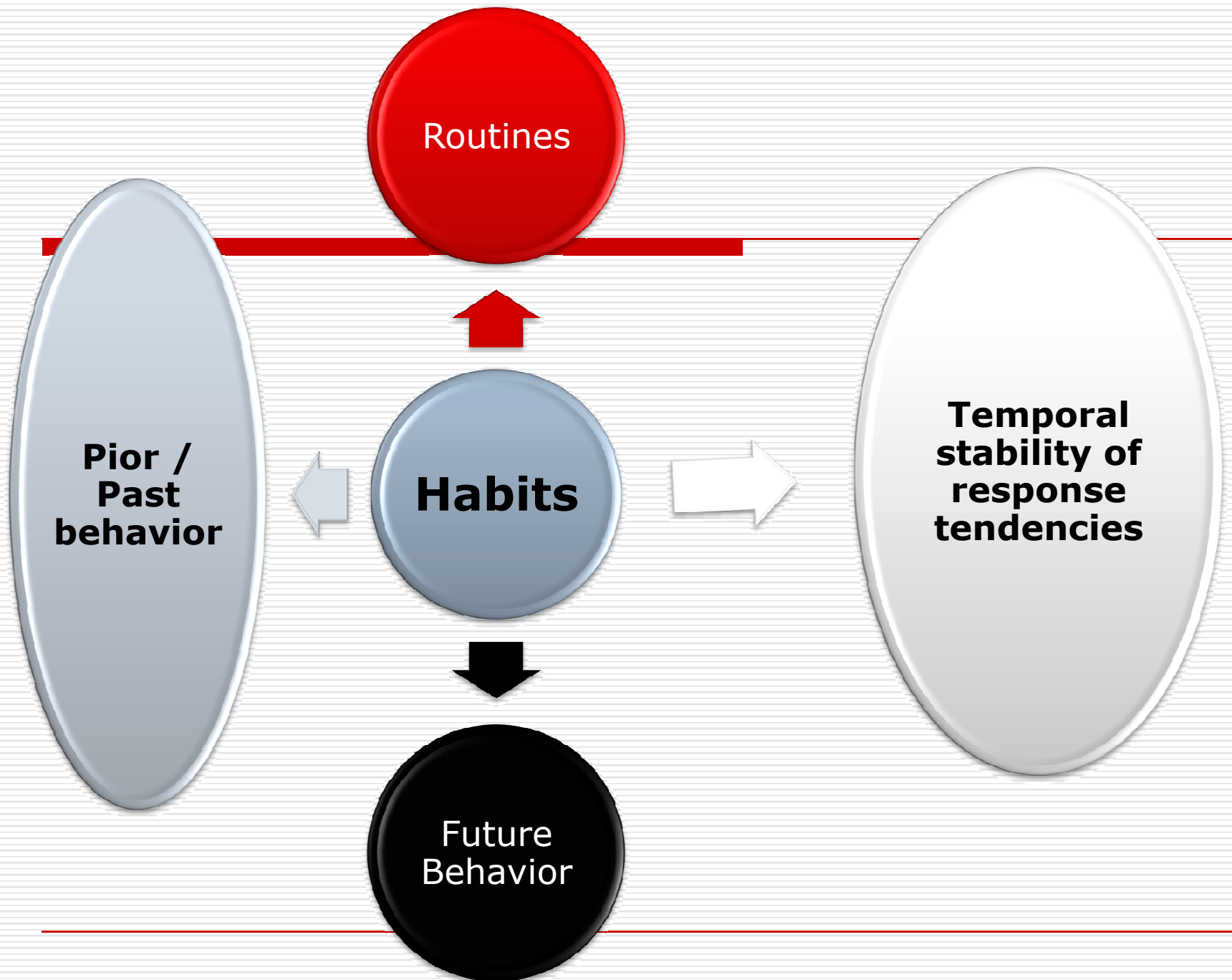


Information, skills, abilities



External Factors

- Routines and habits
 - Opportunity
 - Dependence on others
-



Temporal stability of response tendencies

Smoking cessation program

Not reduce cigarette

Reduce cigarette

Still smoking

Stop smoking



Dependence on others

Action

interdependence

incooperation

cooperation

unsuccessful

successful