

EA Osnabrück Rationality Event: Internal Trigger Action Plans (TAPs)

I look forward to seeing you at the event!

For this workshop, I expect you to have done tasks 1-3 (takes about 30min). I will only do a short recap of the technique in favor of more practice time, so you'll have trouble following if you haven't prepared.

- 1.) Download the CFAR Handbook here: <https://rationality.org/resources/handbook>
- 2.) Read the chapter on TAPs, p. 44 - 54 (15min reading time)
- 3.) Set a timer for 5min. Make a list of "open problems" from your life that you think internal TAPs could help with*. We might do group work, so ideally you have at least 1-2 problems you are comfortable discussing. If you have trouble coming up with internal TAP problems, behavior-oriented TAPs are fine too.

What are "internal TAPs"?

TAP workshops often focus on outward behaviors since they provide an easier start into the technique and behavioral triggers are easier to notice. We will instead be focusing on internal TAPs during this workshop. Internal TAPs are triggered by emotions or thoughts and often also have an "invisible" thought as their action component.

- Example internal TAP: *"When I notice that I am about to say something angry to my partner, then I remind myself that I can take a time-out to calm down."*
- Example behavioral TAP: *"When I open my apartment door, I pat my pocket to make sure the keys are in there"*

*Brainstorming prompts you can follow:

- Remember recent / frequently occurring situations where you behave in ways that you regret later
- Remember occasions in the past week where you've felt irritated, sad or anxious
- What would be solved "if you only had more discipline"?
- What new mental habit would you like to adopt?
- What do you keep forgetting?

Optional additional tasks that will help you get the most out of the workshop:

- 4.) As you go through your everyday life, pay some attention to your habits, your thoughts and feelings. What are (good and bad) trigger-action patterns you can already see? What exactly happens when something "goes wrong", e.g. you overeat, you get sad, you snap at your partner?
- 5.) Try formulating a TAP by yourself, following the instructions from the handbook. This will help you find out if you get stuck or confused, so you can ask questions in the workshop.