



CRITICALLY OPTIMISTIC



AGENCY



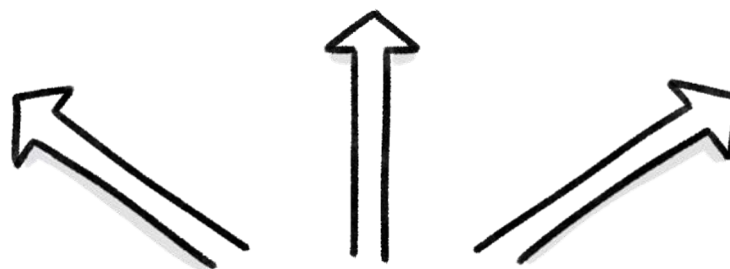
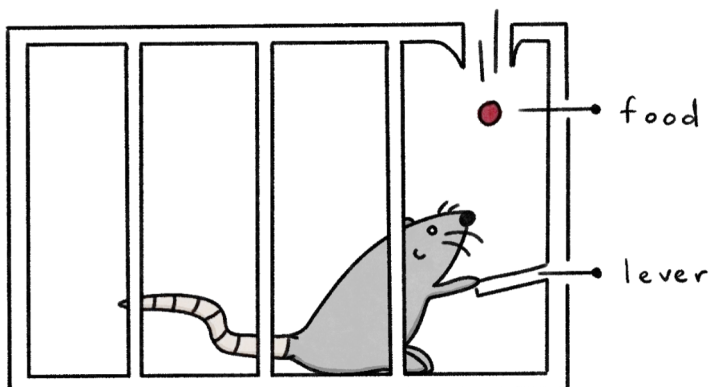
THRIVING IN DIGITAL LIFE

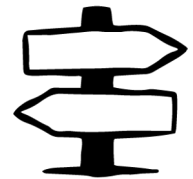


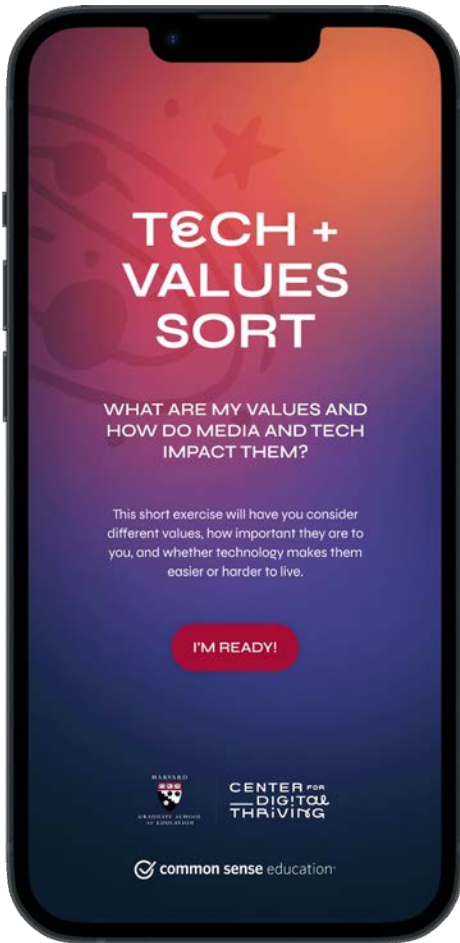
CENTER FOR
—DIGITAL
THRIVING

REACH
OUT!

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beck_tench@harvard.edu







digitalthriving.app



Authenticity
being myself, being genuine,
knowing who I am



Connection

building and keeping close relationships,
being there for friends and family, making new friends



Gratitude

appreciating the life
and things I have



Independence

thinking for myself,
making my own decisions



Kindness

being courteous, helpful, and doing
kindness activities



Balance

being intentional about
my time and focus



Emotional Health

accepting myself for who I am,
mental health, self-confidence



Hard Work

working academically, taking steps
toward my future career



Justice

standing up for
what is right and fair



Open-Mindedness

willing to consider new ideas,
open to change, learn and grow



Physical Health

taking care of myself physically,
including sleep, food, and movement



Presence

being present in the moment,
giving people my full attention



Privacy

having boundaries, respecting
others' boundaries, protecting myself



Spirituality

being open to new spiritualities,
personal enlightenment

SUMMARY

Take a moment to reflect on this summary. How do your tech habits align with your values?
Is there anything you want to change?

MOST IMPORTANT



IMPORTANT



LESS IMPORTANT

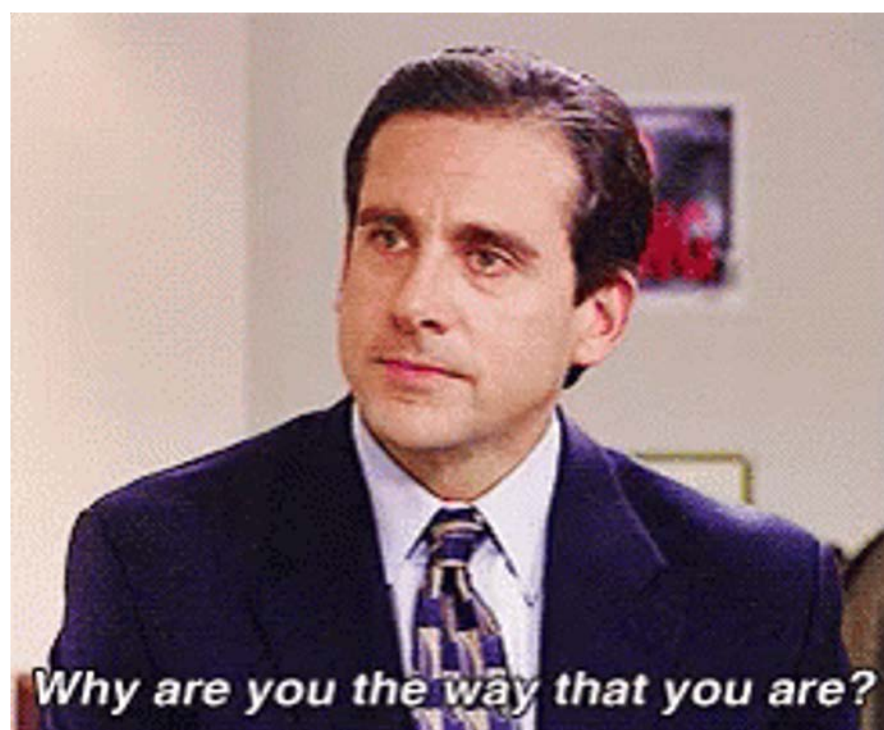


↑ Easier ↓ Harder ↕ Both

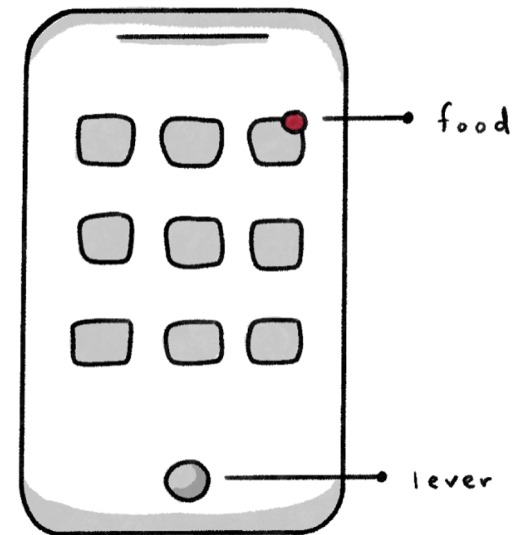
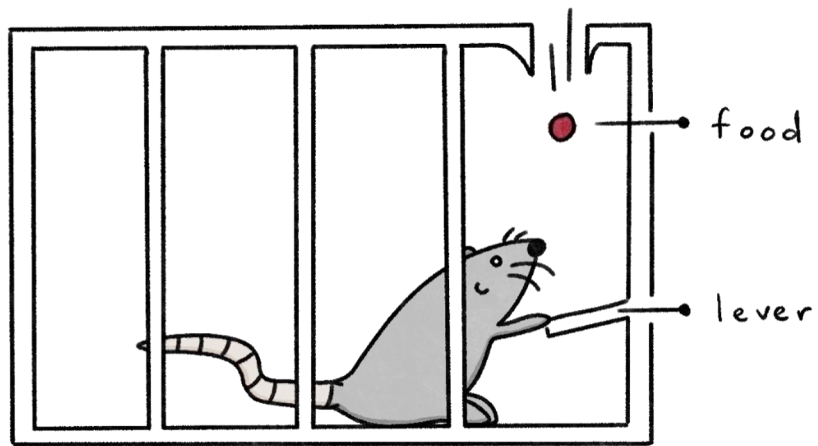


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DIGITAL
THRIVING

✓ common sense education



Why are you the way that you are?



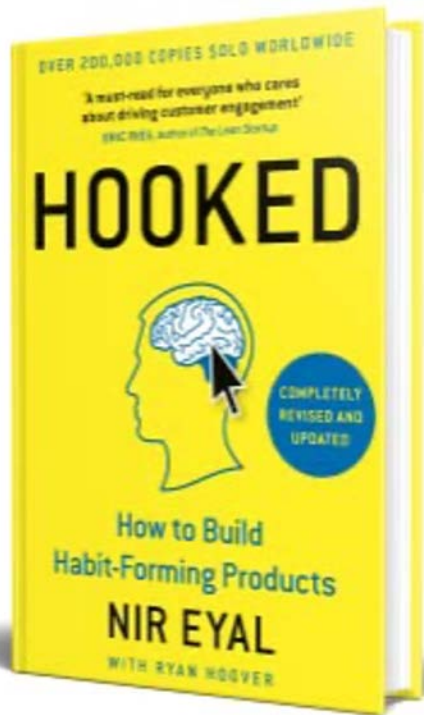
B.F. SKINNER

1950s



B.J. FOGG

1990s



There's a certain yellow book you'll find on the shelves of most major tech companies. I've seen it at Facebook, Google, PayPal, and Slack. It's given out at tech conferences and company training events. A friend working at Microsoft told me the CEO, Satya Nadella, held up a copy and recommended it to all the company's employees.

NIR EYAL
2010s



Fogg Behavior Model

How Behavior Works

The Fogg Behavior Model shows that **three elements must converge at the same moment for a behavior to occur**: Motivation, Ability, and a Prompt.

Here is the simplest form of the Fogg Behavior Model:

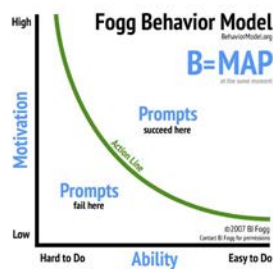
B=MAP

The simplest explanation

"Behavior happens when Motivation, Ability, and a Prompt come together at the same time. When a behavior does not occur, at least one of those three elements is missing."

Visualizing the model

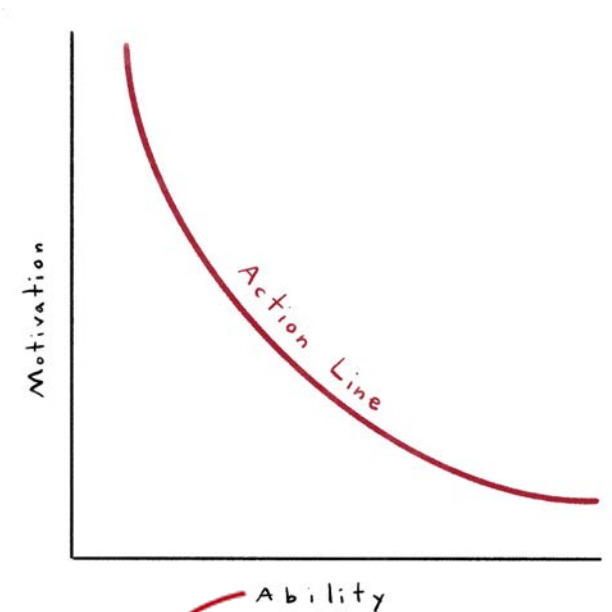
You can visualize the model in this way:



Dr. BJ Fogg founded the Behavior Design Lab at Stanford University, where he directs research and innovation. In addition, he **teaches industry innovators** how to use his models and methods in Behavior Design.

BJ is the New York Times bestselling author of *Tiny Habits*.

To see more of BJ's work, go to BJFogg.com.



time
money
physical effort
mental effort
routine

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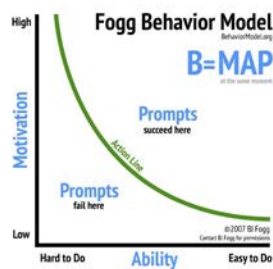
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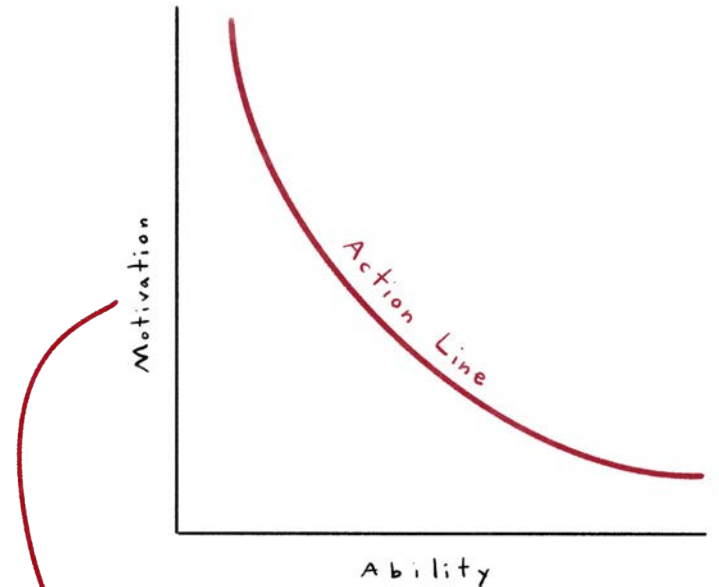
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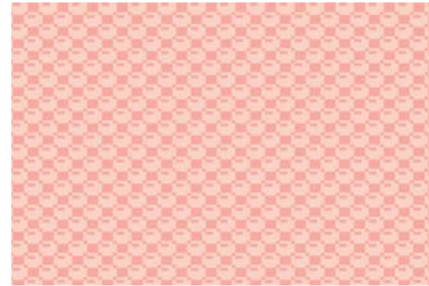
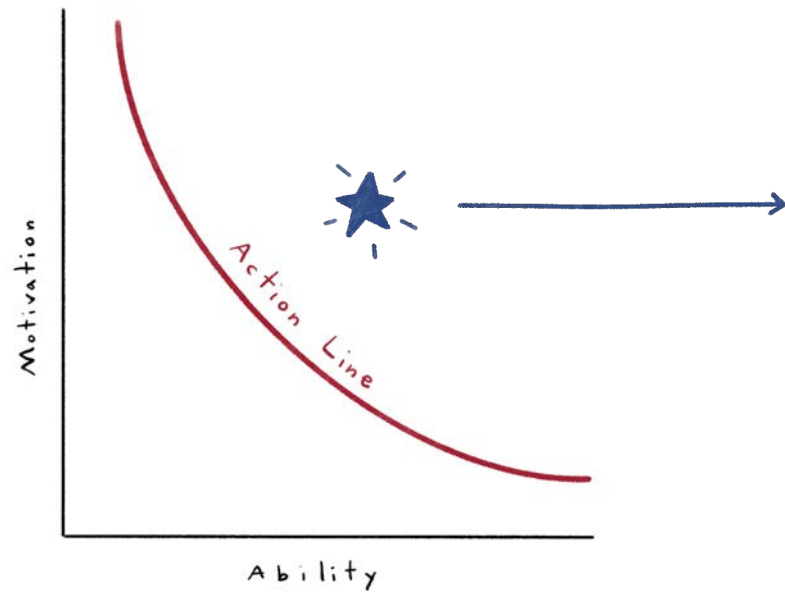
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pleasure / pain

hope / fear

acceptance / rejection



Notifications



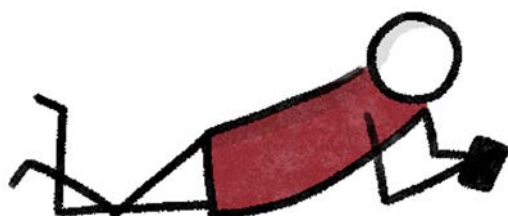
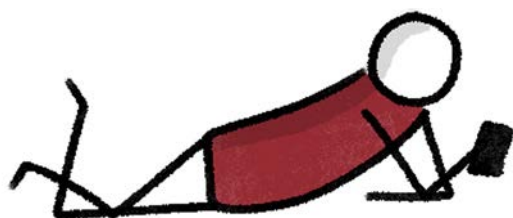
Likes

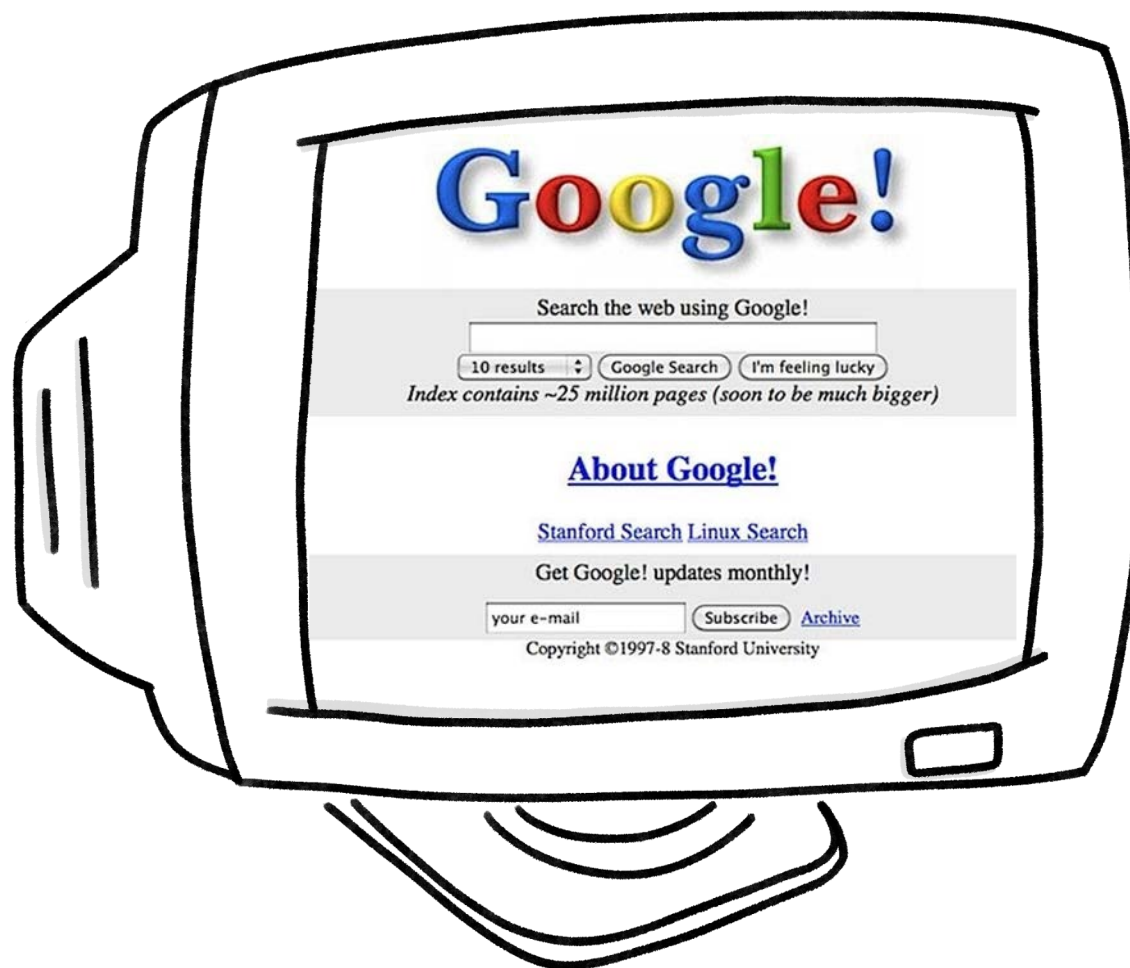


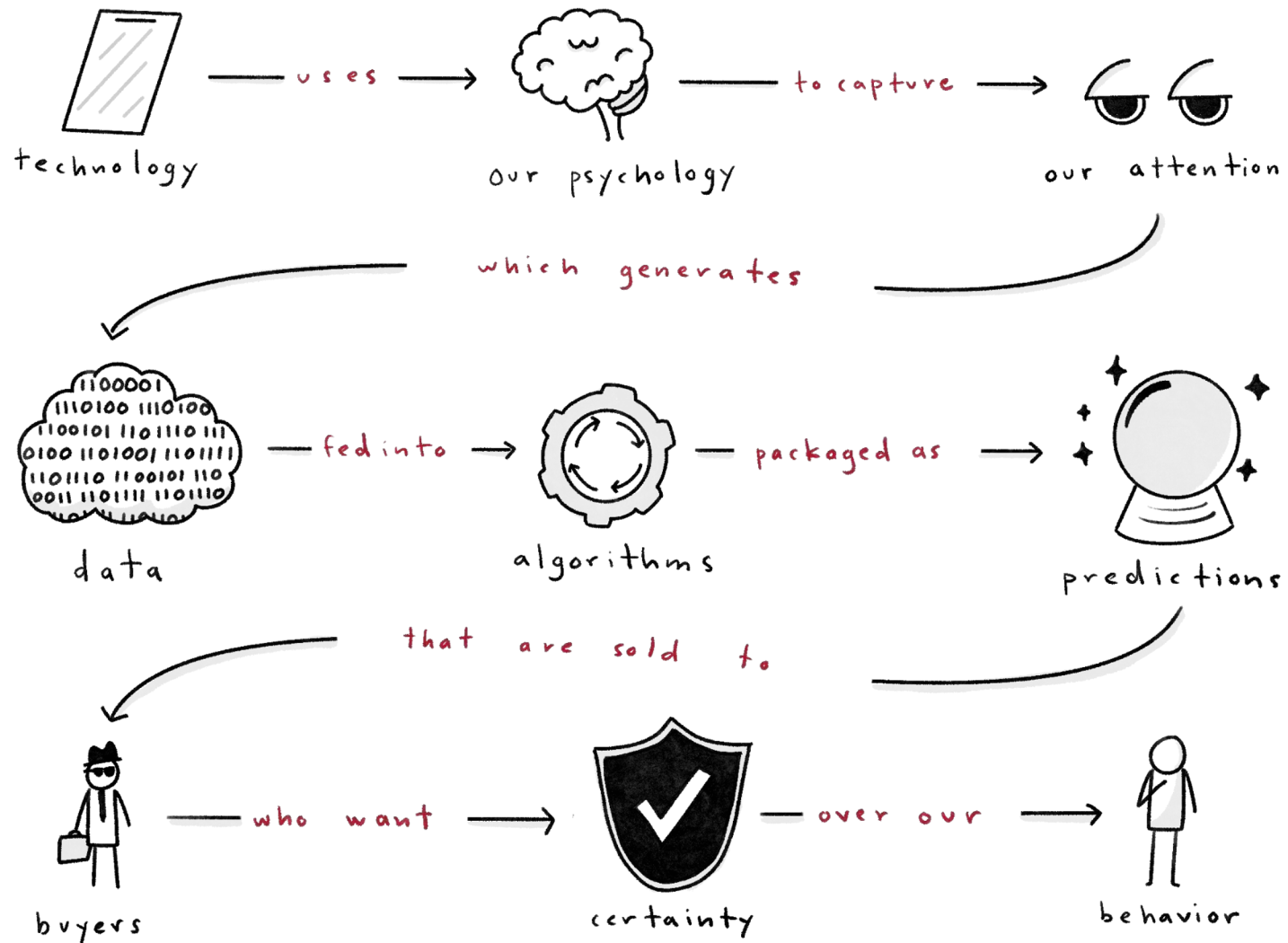
Auto-play

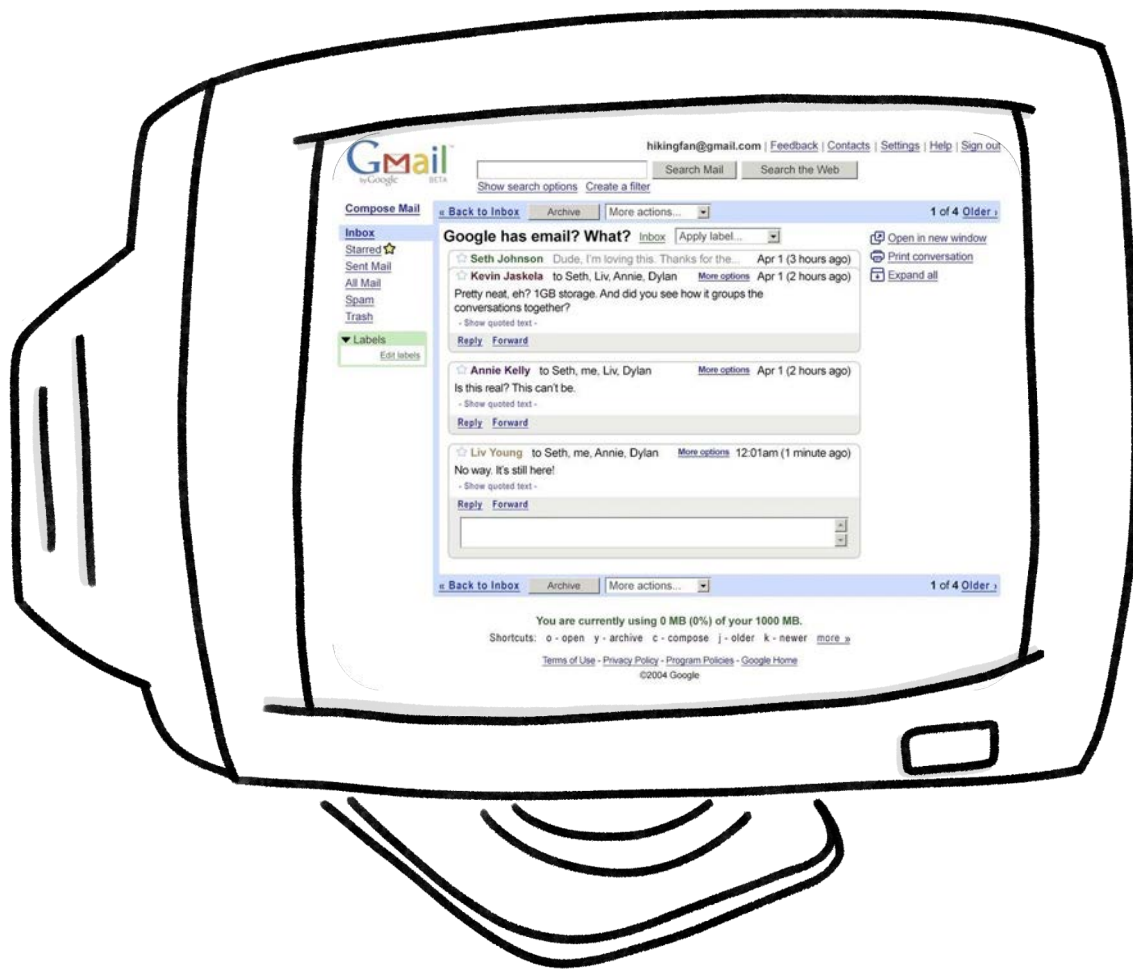


Infinite scroll





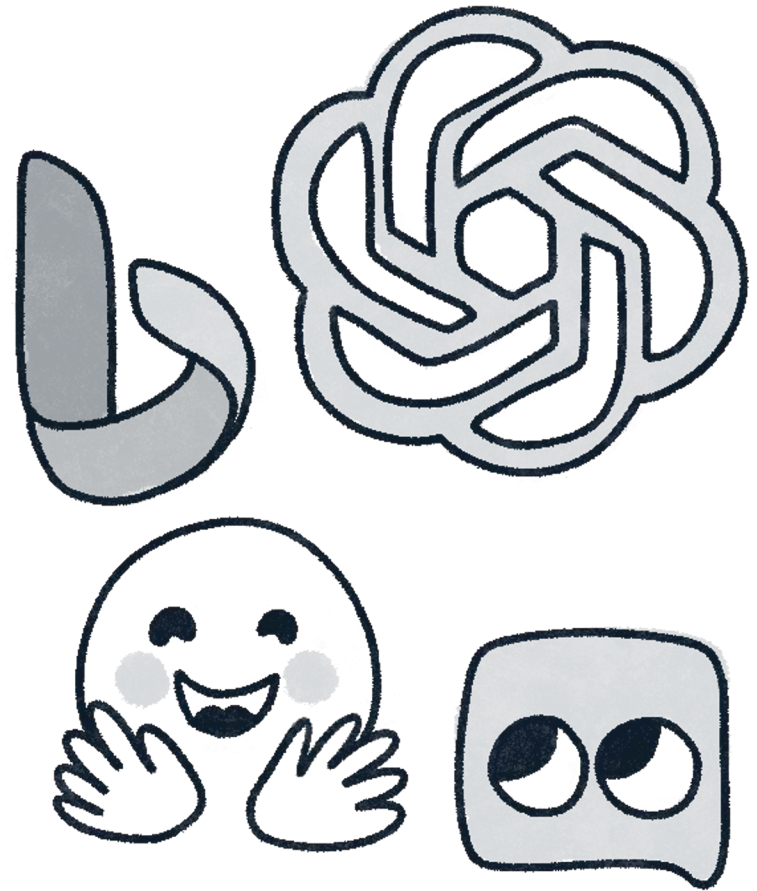
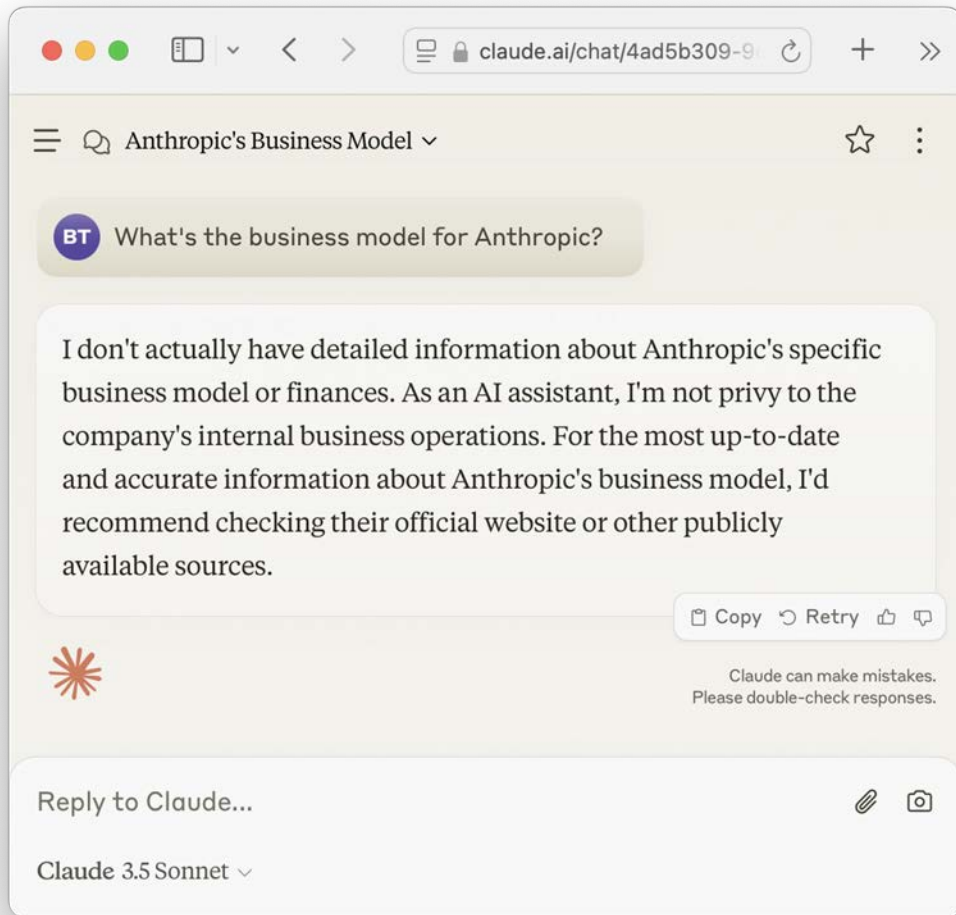




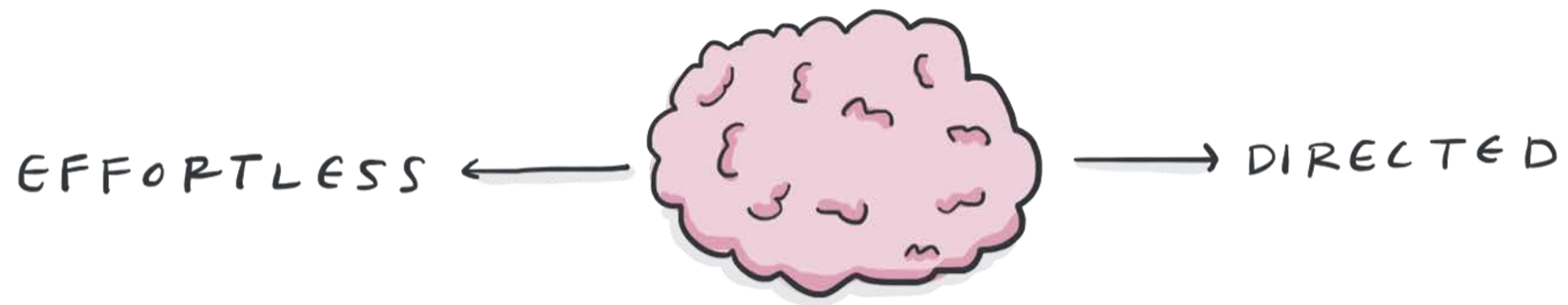
It's **more** than just ads.

It's predictions of what we'll
do **now**, **soon**, or **later**.

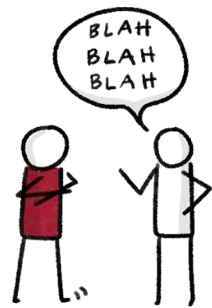
- * Where we'll **go**.
- * **Who** we'll know.
- * What we'll **believe**.

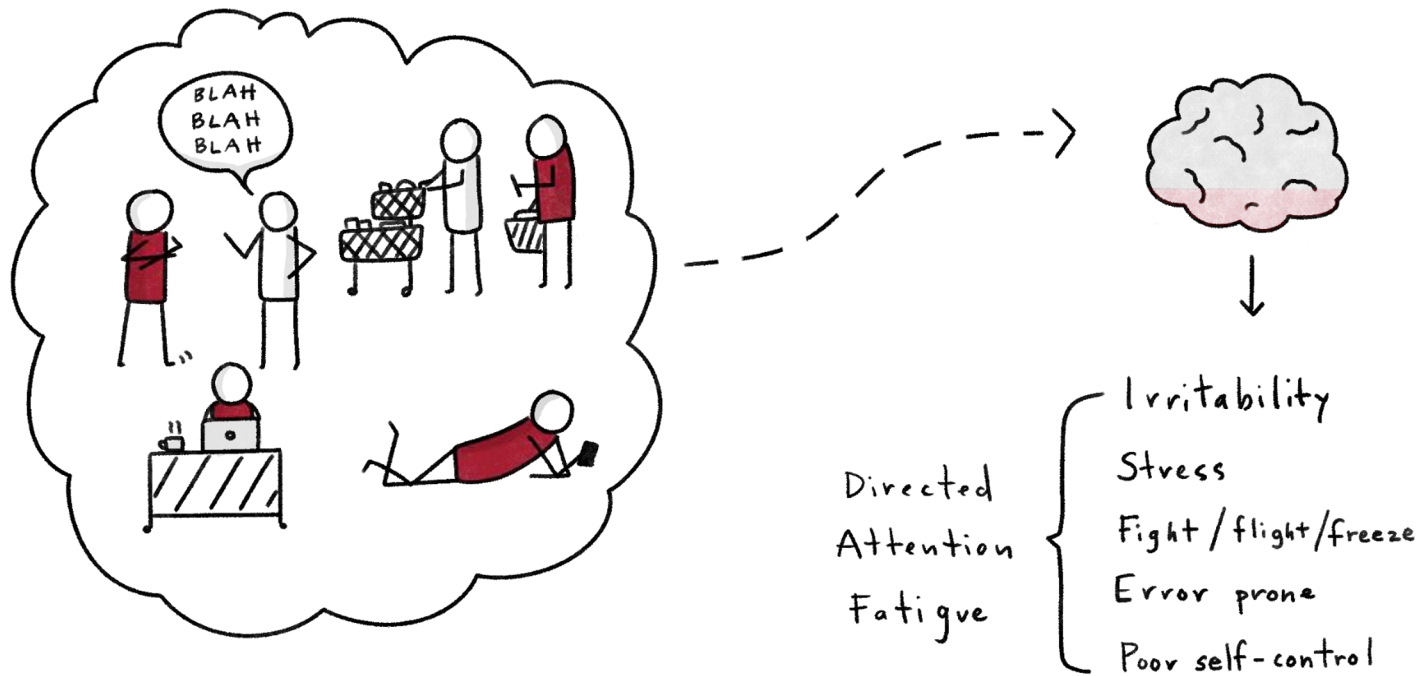


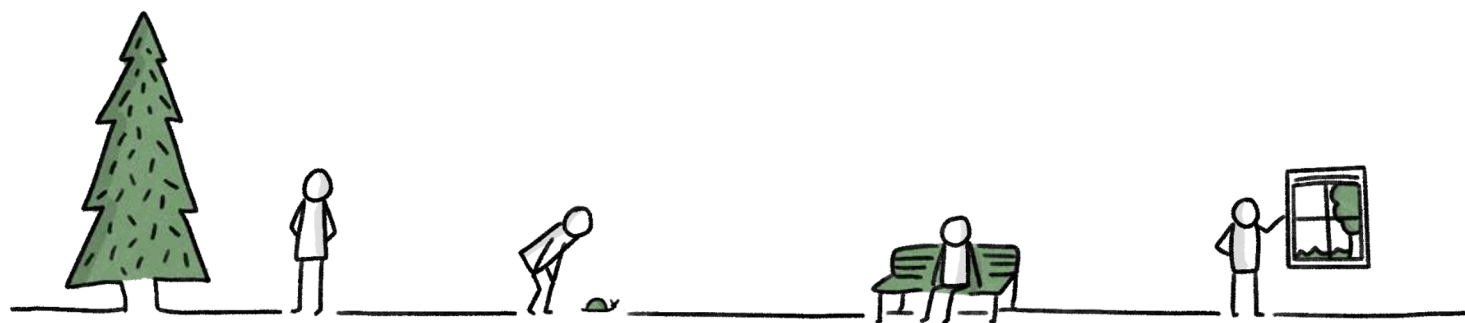
Two modes:

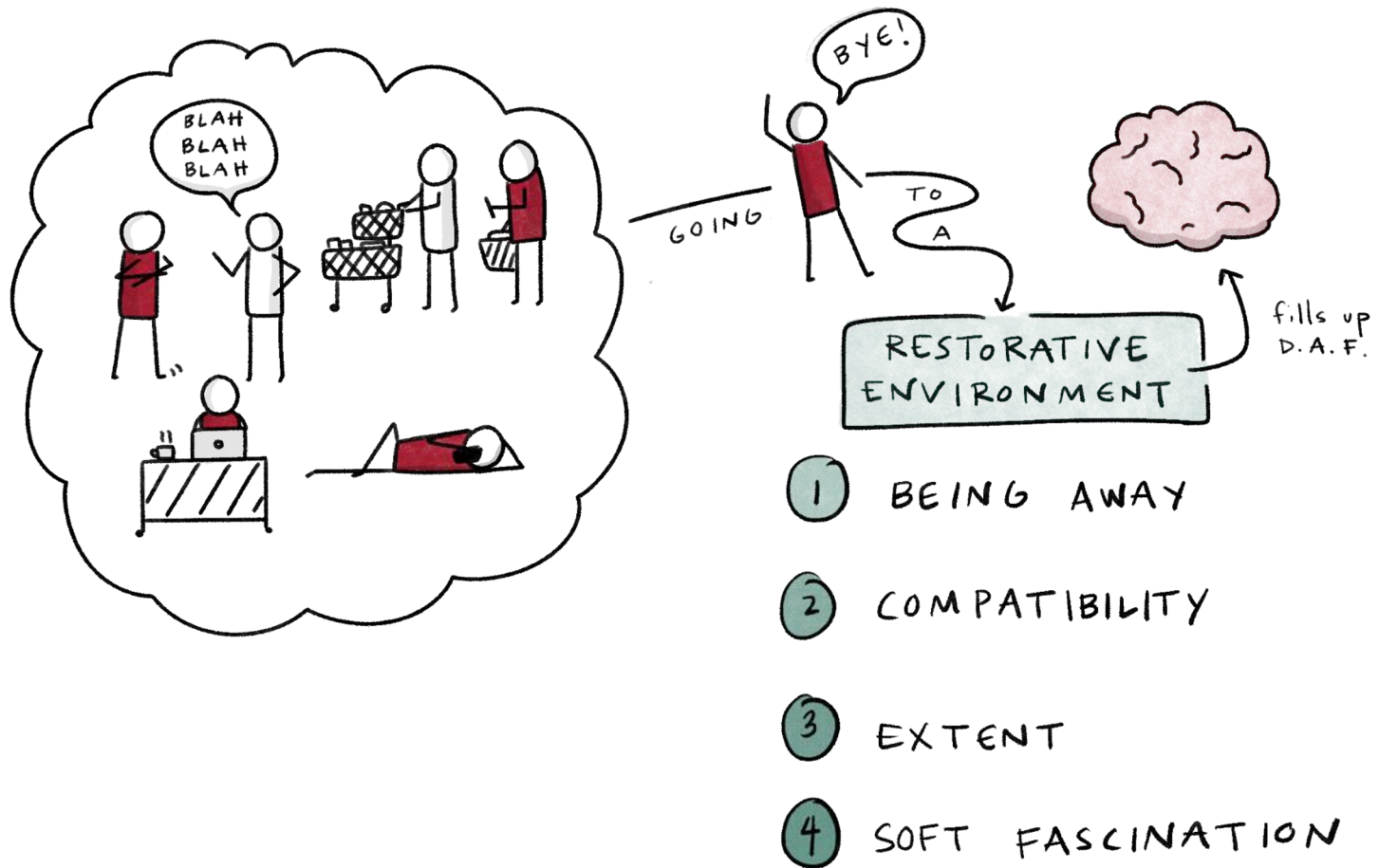


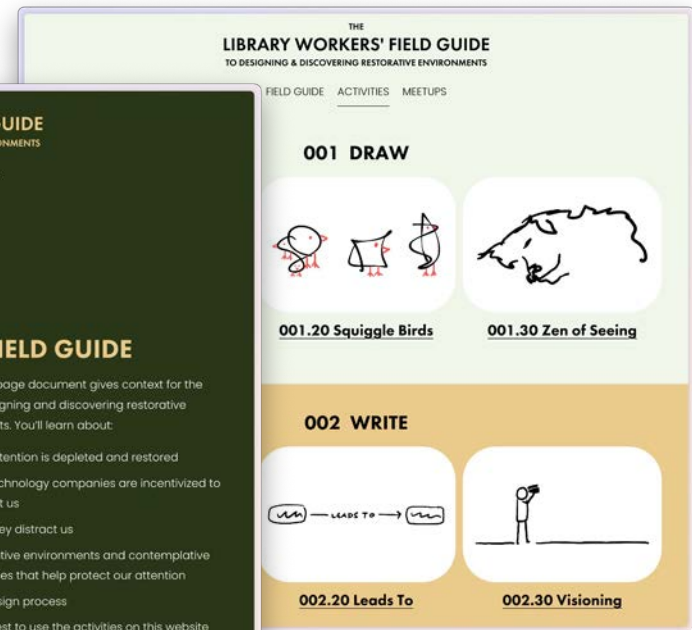
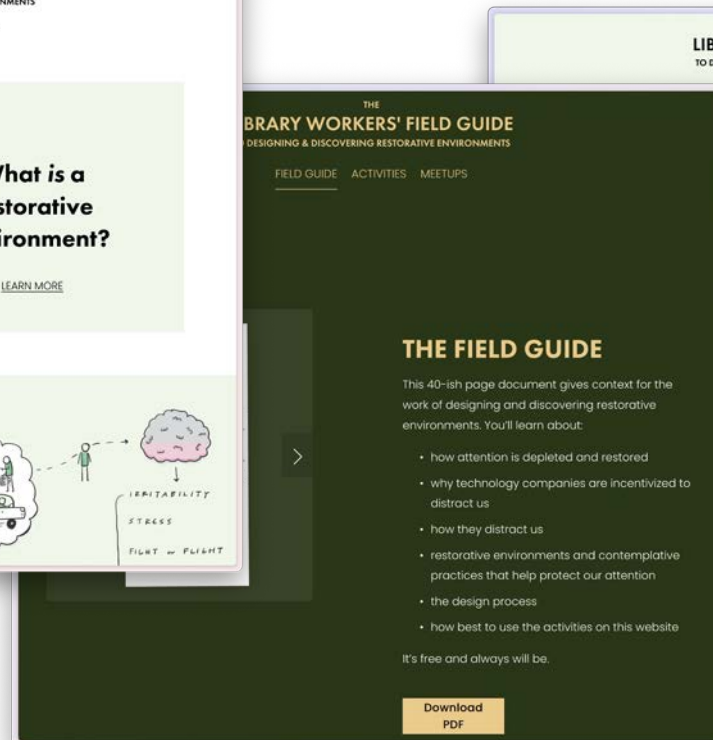
Attention Resortation Theory (**ART**)












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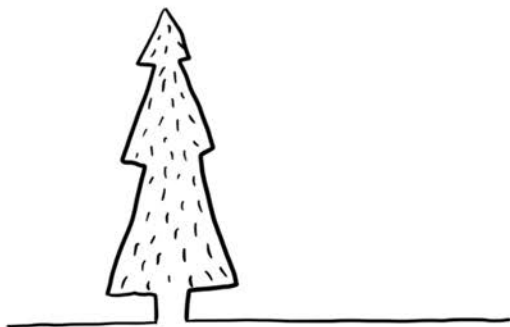
TEMPLATE

FIELD WORK

SITE VISIT

Go someplace that you tend to go to come back to yourself, fill up, rest, and/or restore. Consider the questions on the right hand side of the page and jot your any notes that come to mind down.

 Take a photo and paste it below.



Designed by: Beck Tench

1 What do you **notice** about this place? What is natural? What is built?

Jot your notes here.

2 How might **technology** interfere or enhance this space?

Jot your notes here.

3 What do you typically **do** in this space? What do others do?

Jot your notes here.

4 What **enables** you to come here? What **prevents**?

Jot your notes here.

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Cognitive Behavioral Therapy (**CBT**)

Hey. Are we ok??

Read 9:39 pm

MIND READING

When you assume you
know what someone else
is thinking or feeling.



Hey. Are we ok??

Read 9:39 pm

NEGATIVE FILTER

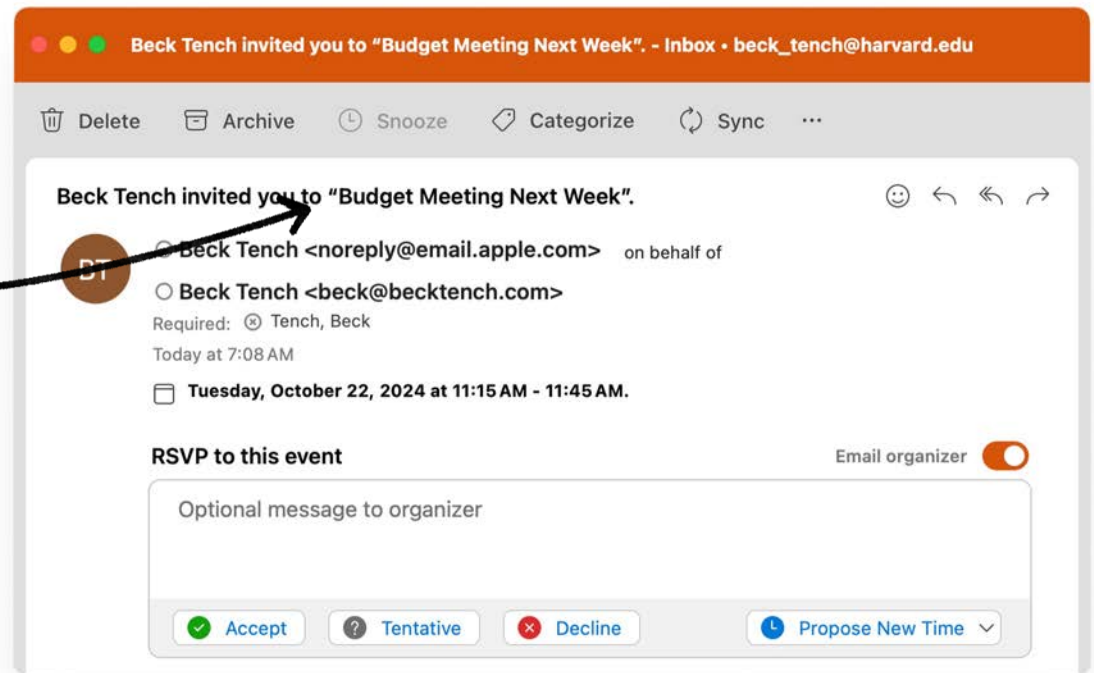
When you focus only on the negatives.

Course Feedback

Timestamp	Overall (1-5)	Pace (1-5)	Content (1-5)	Comments
9/15/2023 10:45 AM	4	4	5	Really helpful for my research paper, thanks!
9/15/2023 10:47 AM	5	5	5	Clear explanations of how to find peer reviewed articles
9/15/2023 10:48 AM	2	3	2	felt like a waste of class time
9/15/2023 10:50 AM	4	4	4	Good overview of resources
9/15/2023 10:52 AM	5	5	5	The examples were relevant to our assignment
9/15/2023 10:53 AM	4	3	4	Helpful but a lot of information to take in
9/15/2023 10:55 AM	4	4	4	I'll definitely use these databases for my project
9/15/2023 10:56 AM	5	5	5	Thank you for showing us the citation tools!

PERSONALIZING

When you put the blame
on yourself.



STEP ONE

Simply labeling is huge.

STEP TWO

Can you challenge the thought?

STEP THREE

What would you tell a friend?

THINKING TRAPS

Thinking traps are exaggerated or irrational **negative thought** patterns, and they can lead us to believe things that aren't necessarily true. Here are some examples that come up related to technology and social media:

 THE THOUGHT	 THE TRAP
"My friend didn't respond to my text so she must be mad at me."	MIND READING When you assume you know what someone else is thinking or feeling.
"If my photo doesn't get a lot of likes, it means I'm a failure."	LABELING When you use negative labels for yourself.
"Everyone I follow is happier than me."	ALL OR NOTHING THINKING When you make big generalizations. (Words: All, Always, Never, Nobody, etc.)
"I get distracted by my phone because I don't have any self-control."	PERSONALIZING When you put the blame on yourself.
"I can't stop thinking about that one negative comment."	NEGATIVE FILTER When you focus only on the negatives.
"I sent a text when angry and now my friend will never talk to me again."	FORTUNE-TELLING When you assume you know what will happen, and it's going to be bad!
"I shouldn't care how many likes I get."	SHOULD When you think about what you "should" (or shouldn't) do or be like.



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HARVARD GRADUATE SCHOOL OF EDUCATION



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**BUT WHAT IF THEY
REALLY ARE MAD?**



Hey. Are we ok??

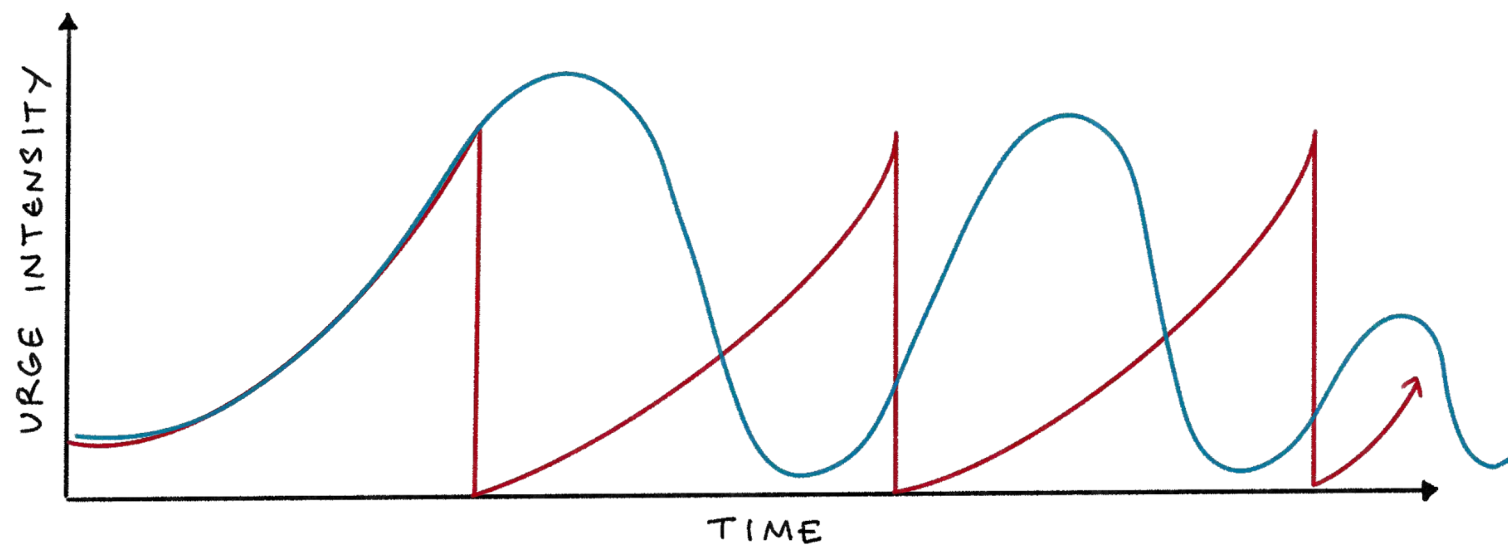
Read 9:39 pm

Not sure if I'm reading too much into the silence, but
if there's anything you want to discuss, I'm here.

Sent



Acceptance and Commitment Therapy (**ACT**)

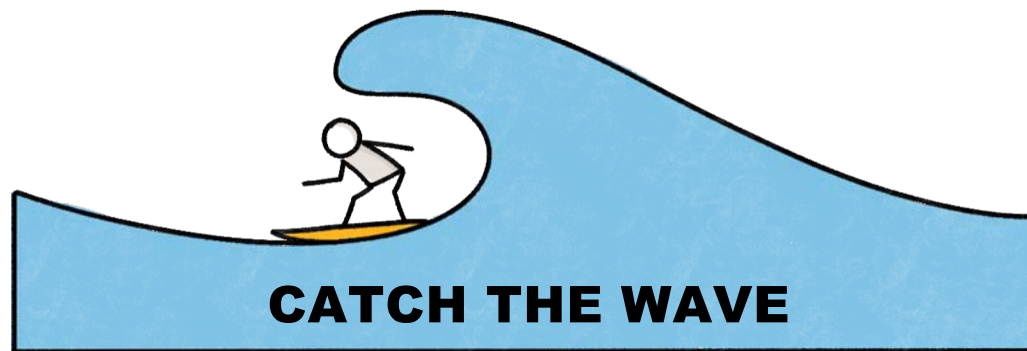




The first step of urge surfing is to acknowledge that you're having an urge.



Feeling an urge does not mean you have to act on it. You can choose to not to act on the urge by distracting yourself or by surfing it.



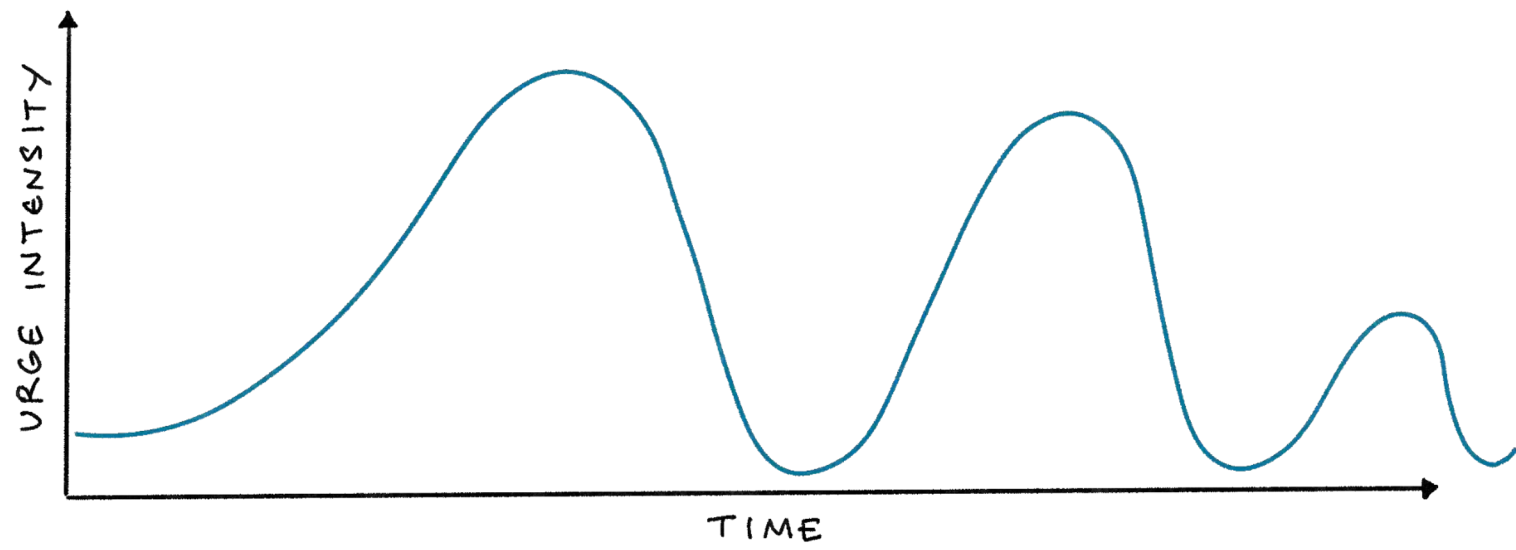
Notice your **thoughts** and **feelings** without trying to change or get rid of them. These feelings may come on gradually or intensely.
It is normal to feel discomfort during an urge.

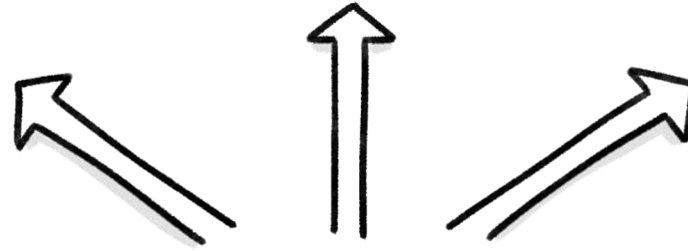


This is the most intense part. It might feel like the urge will never go away,
but...



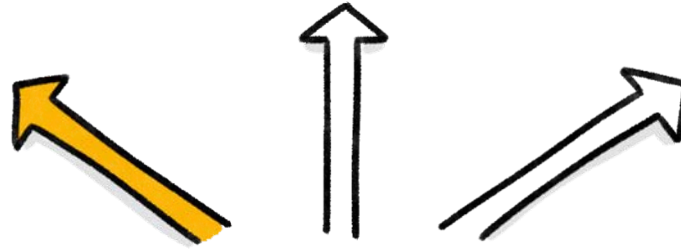
...the urge will lose intensity and eventually fade away. All feelings do!





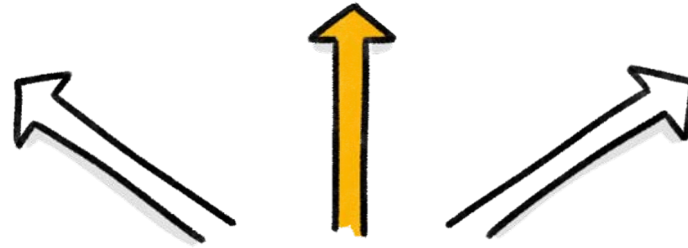
DIGITAL AGENCY

Having meaningful **choice**, **intentionality** and **control** over the way technology fits into our lives.



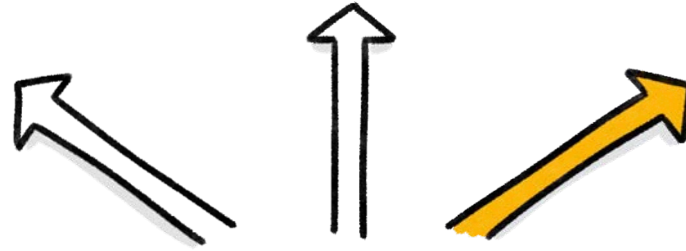
INDIVIDUAL AGENCY

Influencing our life through our own actions.



COLLECTIVE AGENCY

Working together to achieve shared goals.



PROXY AGENCY

Institutions, policies, and laws that give us choice.

