

# The Brain's Autopilot



COMPLETE WITH ONE WORD OR PHRASE

core • neurological • loop • popularized • spark • initiate • tied to • preceding

1. Trust is often at the \_\_\_\_\_ of a strong relationship.
2. A small event can sometimes \_\_\_\_\_ a big change.
3. Some eating habits are closely \_\_\_\_\_ our emotions.
4. Charles Duhigg \_\_\_\_\_ the idea of the Habit Loop.
5. A trigger can \_\_\_\_\_ a behaviour before we consciously think about it.
6. Habits involve \_\_\_\_\_ processes in the brain.
7. In a habit \_\_\_\_\_, the same pattern happens again and again.
8. Finishing dinner can be the \_\_\_\_\_ action before having something sweet.

## HOMEWORK — READING COMPREHENSION

Read the article and choose the best summary.

- A. The article explains why people should stop using social media.
- B. The article explains how habits work in the brain and how products can use this process to influence our behaviour.
- C. The article explains how to develop better study habits.
- D. The article compares different social media platforms.

Your answer \_\_\_\_\_ (ONE letter)

### 3. TRUE OR FALSE?

Decide if the statements are TRUE or FALSE. Write T or F (letters only)- EXAMPLE- T

1. A cue can be connected to a place, time, action or emotion.
2. A routine is always a physical action.
3. Rewards help the brain remember a habit loop.
4. External triggers come from our own emotions and thoughts.
5. Boredom can be an internal trigger.
6. According to the article, an action needs motivation, ability and a prompt.
7. Predictable rewards are more powerful than unpredictable rewards.
8. Likes and comments are examples of social rewards.
9. Completing a daily lesson can give us a sense of accomplishment.
10. The article says that all habit-forming products are harmful.

# The Brain's Autopilot



## 4. EXTERNAL OR INTERNAL?

Write E (external trigger) or I (internal trigger).

1. A notification appears on your phone. \_\_\_\_
2. You feel bored and open Instagram. \_\_\_\_
3. You see an app icon on your home screen. \_\_\_\_
4. You feel lonely and check your messages. \_\_\_\_
5. Your friend recommends an app. \_\_\_\_
6. You feel stressed and start scrolling. \_\_\_\_

## THE THREE TYPES OF REWARD

Match the examples to the type of reward. Write a letter A-C, example 3C

A — Reward of the Tribe

B — Reward of the Hunt

C — Reward of the Self

1. Getting likes on your Instagram photo. \_\_\_\_
2. Finding an interesting article while scrolling. \_\_\_\_
3. Completing your daily language lesson. \_\_\_\_
4. Receiving comments from your friends. \_\_\_\_
5. Reaching a new level in a game. \_\_\_\_
6. Scrolling through a newsfeed looking for something interesting. \_\_\_\_

## 6. WHY DOES IT WORK? Write down the answers in your notebook.

Complete the ideas according to the article.

1. Our brains automate common tasks because \_\_\_\_\_.
2. People sometimes open Instagram when they are bored because \_\_\_\_\_.
3. An action is more likely to happen when it is easy because \_\_\_\_\_.
4. Variable rewards are powerful because \_\_\_\_\_.
5. Adding friends, playlists or photos to a platform makes it more valuable because \_\_\_\_\_.
6. Habit-forming products can be either helpful or harmful depending on \_\_\_\_\_.

# The Brain's Autopilot



## THINK ABOUT YOUR OWN BEHAVIOUR

Answer orally (or take some notes in your notebook)

1. What usually triggers you to open it?
2. Is the trigger external or internal?
3. What action do you usually take?
4. What reward do you get?
5. Do you sometimes open it on autopilot?
6. Do you think this habit has a positive or negative impact on your life? Why?

"The line between an engaging tool and a digital dependency can be thin."  
Do you agree? Why / why not?