

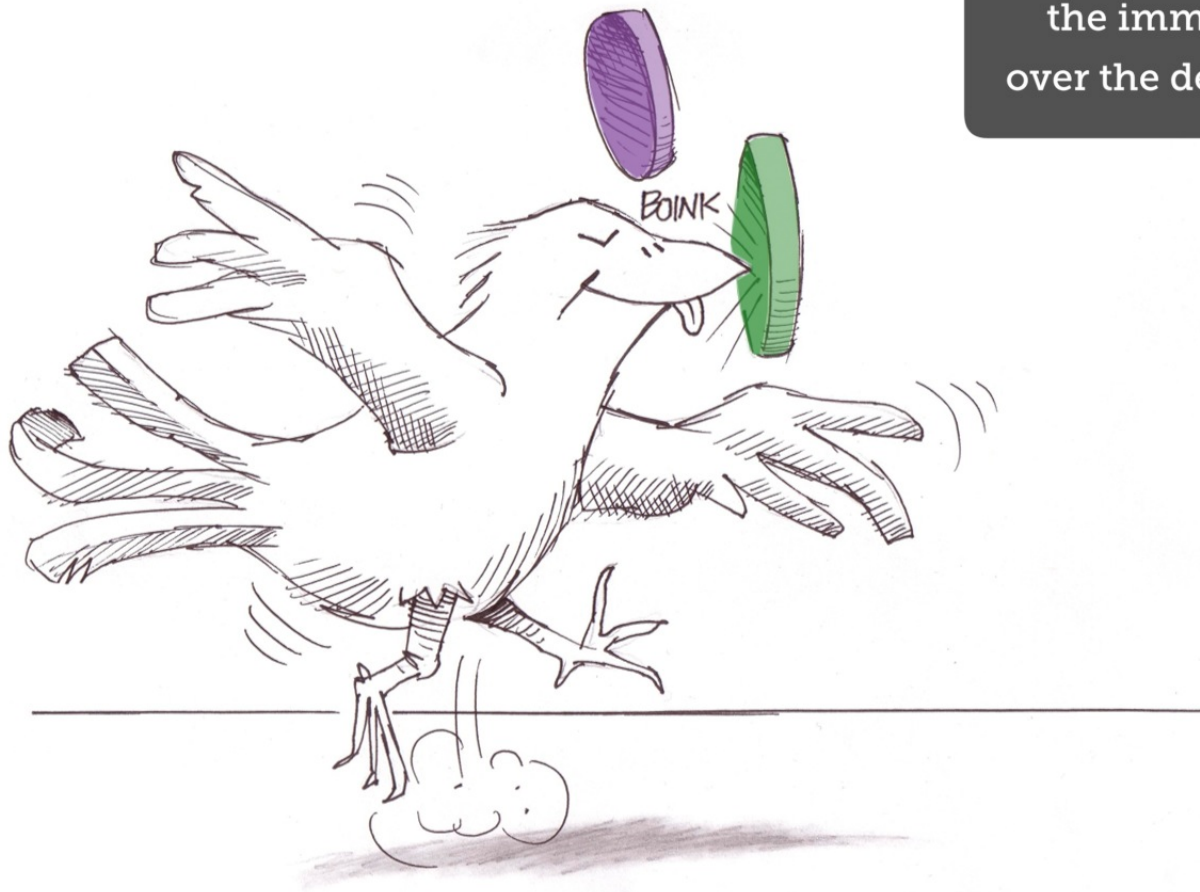
Part 3:
Ulysses Contracts

1) Reward substitution

2) Self-control
(Ulysses) contracts

With self-control contracts:

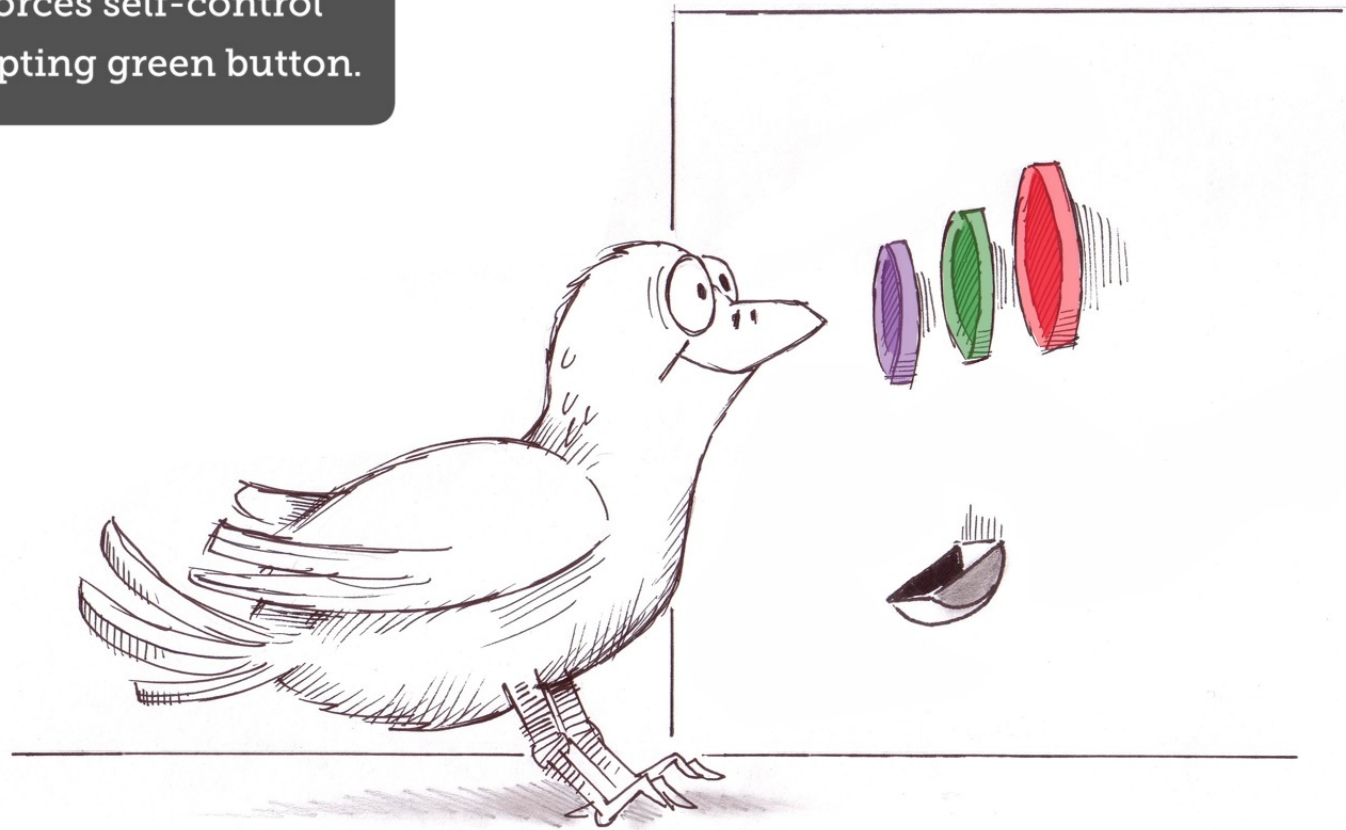
- 1) You know you will be tempted.
- 2) You bind your current self to prevent your future self from misbehaving.



Pigeons (and rats) choose
the immediate, 1-pellet reward
over the delayed, 10-pellet reward.

The Ulysses Contract:

The red button enforces self-control by removing the tempting green button.



Yes! Even rats and pigeons
use self-control strategies.



Naïve: unaware of
self-control problems



Sophisticated: aware of self-control problems,
and can take steps to resist temptation

