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The Construction and Application of the Awareness-Execution-Experience Integration Theory

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Abstract

Unconscious habits play a significant role in shaping individual behavior and decision-making, often posing obstacles to achieving a healthy and efficient lifestyle. To address these challenges, this study introduces the Awareness-Execution-Experience Integration Theory (AEEIT), designed to facilitate behavior change through a systematic and structured approach. The theory emphasizes four key steps: awareness, choice, execution, and experience, each aimed at helping individuals maximize life efficiency and move towards a more fulfilling life. Drawing from existing psychological and behavioral science research, the AEEIT incorporates the concept of flow experience to create a comprehensive framework for behavior modification. An experimental design is proposed to validate the theory, involving diverse participant groups and employing data analysis to evaluate the outcomes. Although empirical validation is pending, preliminary theoretical analysis suggests that the AEEIT has significant potential to enhance individual behavior awareness, self-regulation, and engagement in flow experiences. The theory offers a novel approach to behavior change, with important implications for personal growth and self-regulation, and opens up new avenues for research in social psychology. Practical recommendations are also provided to help readers apply the theory in their daily lives, with the goal of achieving a healthier and more efficient lifestyle.

Keywords: *Awareness-Execution-Experience Integration Theory; Behavior Change; Flow Experience; Unconscious Habits; Awareness; Self-Regulation*

Statement of Limitations

This study introduces and proposes the Awareness-Execution-Experience Integration Theory (AEEIT); however, several limitations should be noted.

First, internal validity may be affected due to the reliance on self-reported data, which is subject to biases such as social desirability and recall errors.

Second, regarding construct validity, the theoretical constructs of "awareness," "choice," "execution," and "experience" are operationalized based on existing literature, but further empirical

validation is required to ensure these constructs accurately represent the intended psychological processes.

Third, statistical validity could be limited by the sample size and diversity. While efforts were made to recruit a diverse sample, the generalizability of findings may be constrained if the sample does not adequately represent broader populations.

Finally, the external validity of the theory may be limited since the proposed experimental design has not yet been conducted. Consequently, the theory's applicability to different cultural or situational contexts remains to be empirically tested.

These limitations highlight the need for further research to strengthen the theory's validity and generalizability.

1. Introduction

1.1 Problem Statement

In modern society, individuals often find themselves caught in the fast-paced rhythm of life. The constant demands of daily tasks, increasing work pressures, and pervasive digital distractions make it increasingly difficult for people to maintain focus and control over the present moment. This state not only leads to decreased behavioral efficiency but also negatively impacts overall quality of life (Mark et al., 2016). Recent advances in psychology and neuroscience have highlighted that each moment in the present has a significant impact on one's life trajectory (Hölzel et al., 2011). However, effectively utilizing each moment in daily life is challenging, primarily because most behaviors are governed by unconscious habits rather than conscious decisions (Wood & Rünger, 2016).

According to existing research, a substantial portion of human behavior is automated, driven by neurotransmitters in the brain, such as dopamine, and external environmental stimuli (Schultz, 2015). Dopamine's reward mechanism encourages the repetition of behaviors that have previously brought pleasure, even when those behaviors may not be beneficial in the long term (Volkow & Morales, 2015). Therefore, while theoretically maximizing the efficiency of each moment can guide life towards health and fulfillment, in practice, achieving this goal requires overcoming the constraints of unconscious habits and adopting a series of deliberate behavioral adjustments (Galla & Duckworth, 2015).

1.2 Research Background

In recent years, research on unconscious behavior and habits has garnered significant attention in the fields of psychology and neuroscience. Unconscious behaviors, often regarded as automated behavior patterns, occur without conscious thought. These behavior patterns are largely driven by neural activity in the brain, particularly the role of dopamine in behavioral choices and habit formation (Volkow & Morales, 2015). Dopamine, as a reward mechanism, reinforces behaviors that previously resulted in pleasurable experiences, leading individuals to repeat these behaviors in similar situations, even if they may not be beneficial in the long term (Schultz, 2015). This mechanism explains why many people find themselves trapped in detrimental habits that are difficult to break.

Research into unconscious behavior not only reveals the underlying neurobiological mechanisms but also highlights the significant role these automated behavior patterns play in modern life. When faced with complex decisions, individuals often rely on these habitual responses to conserve cognitive resources (Hölzel et al., 2011). However, this reliance also results in decreased behavioral efficiency and weakened self-control. Identifying and disrupting these unconscious behavior patterns has become a critical focus in contemporary psychological research.

Against this backdrop, Liu Xinghua et al. (2024) proposed the MIED model, which aims to

explain how automated thinking and unconscious behaviors are reinforced and maintained through a series of internal and external factors. This model emphasizes the role of external stimuli and internal emotional responses in the formation of unconscious behaviors. It advocates for interventions that involve engaging with life, enhancing distress tolerance, reducing excessive emotional behavior, and increasing cognitive flexibility to improve individual life satisfaction (Liu Xinghua, 2024). However, while the MIED model provides a valuable framework for understanding and improving automated thinking and unconscious behaviors, it falls short in offering guidance on how individuals can proactively change these behavior patterns.

To address this gap, this paper introduces the Awareness-Execution-Experience Integration Theory (AEEIT) as an extension and enhancement of the MIED model. This theory not only builds upon the foundational framework of the MIED model but also incorporates steps that focus on consciously disrupting these behavior patterns through awareness and choice. Specifically, the theory proposes that by becoming aware of current behaviors, evaluating their pros and cons, executing the optimal choices, and fully experiencing the behavior process, individuals can gradually overcome unconscious habits, improve behavioral efficiency, and ultimately gain control over their lives (Galla & Duckworth, 2015).

2. Theoretical Framework

2.1 The Impact of Unconscious Behavioral Habits

Unconscious behavioral habits are pervasive in daily life, often operating without the individual's explicit awareness and exerting a profound influence on behavior and decision-making. One reason these habitual behaviors form is to conserve cognitive resources; individuals rely on automated behavioral responses to frequently occurring situations, thereby reducing decision fatigue (Wood & Rünger, 2016). However, while these automated behavior patterns may improve short-term efficiency, they can lead to adverse outcomes in the long run, particularly in decisions related to personal health, productivity, and life satisfaction (Volkow & Morales, 2015).

In the formation of unconscious behavioral habits, neurotransmitters—especially dopamine—play a crucial role. The dopamine system is the brain's primary reward and motivation mechanism, reinforcing behaviors that have previously brought pleasure and prompting individuals to repeat these behaviors in similar future situations (Schultz, 2015). This means that even if certain behaviors are not beneficial in the long term, the immediate rewards they provide may lead individuals to continue engaging in them. For instance, although excessive use of social media over time may lead to decreased attention span and increased anxiety, the immediate pleasure derived from social interactions often makes it difficult for individuals to control their usage (Hou et al., 2019).

Furthermore, unconscious behavioral habits are influenced not only by internal physiological mechanisms but also by external environmental stimuli. For example, environmental triggers such as smartphone notifications or food advertisements can activate the brain's dopamine system, leading to a series of automated behavioral responses (Volkow & Morales, 2015). These external stimuli, in conjunction with internal neurotransmitter mechanisms, make it easier for individuals to fall into unconscious behavior patterns, thereby diminishing their ability to consciously control their behavior choices (Heatherton & Wagner, 2011).

In summary, due to their high degree of automation and deep physiological embedding, unconscious behavioral habits often dominate daily life. These habitual patterns not only affect individual behavior choices and decision-making processes but can also negatively impact long-term well-being without the individual's awareness. Therefore, understanding and effectively intervening in these unconscious behavioral habits is of great significance for improving overall life quality.

2.2 The Proposal of the Awareness-Execution-Experience Integration Theory

To effectively address the negative impact of unconscious behavioral habits on individual behavior and decision-making, and to help individuals regain autonomy in their behavioral choices, this paper proposes the Awareness-Execution-Experience Integration Theory (AEEIT). This theory builds on existing psychological and behavioral science research, further deepening and expanding the understanding of behavior control and self-regulation. The core concept of AEEIT is to guide individuals through four steps—awareness, choice, execution, and experience—to help them break free from unconscious habits and achieve more rational behavior choices and life decisions.

Step 1: Awareness

Awareness is the foundational step of this theory, aimed at helping individuals recognize the behaviors they are currently engaging in, as well as the underlying motivations driving those behaviors. Unconscious behaviors are often difficult to detect due to their automated nature, making it challenging for individuals to identify the long-term impact of these behaviors on their goals in daily life (Garland, Gaylord, & Fredrickson, 2011). By consciously cultivating awareness of their behaviors, individuals can disrupt the chain of automatic responses, thereby laying the groundwork for rational decision-making (Garland et al., 2010).

Step 2: Choice

Building on the awareness of current behaviors, individuals must then engage in the process of choice, which involves evaluating whether these behaviors align with their long-term interests and determining whether adjustments are necessary. This process of choice requires weighing the consequences of behavior and is a critical step in regaining control over behavioral decisions (Berkman, 2018). During this stage, individuals must balance short-term rewards against long-term goals to make choices that are most beneficial to themselves (Peters & Büchel, 2011).

Step 3: Execution

Once a rational behavioral choice has been made, the individual needs to put that choice into action by executing the most appropriate behavior. The execution stage emphasizes the importance of proactive and effective behavior, where conscious actions replace unconscious habitual responses (Gollwitzer & Sheeran, 2006). This stage not only requires sufficient self-control but also involves continuous practice to reinforce the chosen behavior, gradually transforming it into a new, more beneficial habit (Fujita & MacGregor, 2012).

Step 4: Experience

Finally, the individual needs to fully experience the process of the chosen behavior, which can lead to a flow experience. Flow experiences enhance the positive perception of new behaviors, further reinforcing the effectiveness of the behavioral choice (Nakamura & Csikszentmihalyi, 2014). By deeply engaging in the behavior process, individuals not only enjoy the current activity but also strengthen their self-efficacy, making it easier to maintain this new behavioral pattern (Csikszentmihalyi, 2020).

Through these four steps, the Awareness-Execution-Experience Integration Theory provides a systematic approach for identifying and breaking unconscious behavioral habits, thereby helping individuals rebuild autonomy in their behavioral choices. This theory not only emphasizes the cognitive processes of awareness and choice but also integrates the behavioral dimensions of execution and experience, aiming to help individuals achieve more efficient and rational behavior choices in their everyday lives (Galla & Duckworth, 2015).

3. Application of the Theory

Section 1: Awareness

The Importance of Awareness

Awareness is the foundational starting point of the Awareness-Execution-Experience Integration Theory (AEEIT) and the crucial step in breaking the automatic responses driven by unconscious habits. By enhancing an individual's awareness of their current behaviors, they can break free from passive habitual patterns and regain control over their actions (Garland, Gaylord, & Fredrickson, 2011). Research indicates that cultivating awareness increases an individual's capacity for behavioral reflection, making them more resistant to habitual reactions and encouraging more deliberate choices in daily life (Garland et al., 2010).

Case Analysis

For example, in daily life, many individuals unconsciously turn to high-calorie foods for short-term comfort when feeling low. While this behavior may provide immediate pleasure, it can lead to weight gain and health issues in the long run. Through awareness training, individuals can become more conscious of their behavioral tendencies during emotional fluctuations and adopt healthier coping strategies (Garland et al., 2010). Specific methods include mindfulness practices, such as meditation and focused breathing exercises, which enhance present-moment awareness and help individuals recognize their reactive tendencies during times of stress (Tang, Hölzel, & Posner, 2015).

Section 2: Choice

Conscious Decision-Making

Building on awareness, the next step in AEEIT is choice, which requires individuals to consciously evaluate the pros and cons of their behaviors. This process is not merely about making a choice but finding a balance between rational thought and emotional response. Individuals should weigh short-term satisfaction against long-term benefits to ensure that their decisions align with their long-term goals (Berkman, 2018). The core of this process lies in resisting emotionally driven impulsive behaviors through rational analysis, leading to choices that better serve long-term interests (Peters & Büchel, 2011).

Case Analysis

For instance, when an individual becomes aware that they are habitually consuming high-calorie foods, they can engage in decision-making analysis, considering questions such as: What are the benefits and drawbacks of eating this high-calorie food? What are the benefits and drawbacks of choosing a healthier alternative? This process involves replacing unconscious habits with conscious decision-making. Even if the individual initially chooses to continue eating the high-calorie food, the act of conscious analysis begins to disrupt the unconscious process. Through repeated practice, individuals can gradually make choices that better align with their long-term development rather than being swayed by immediate emotional impulses (Fujita & MacGregor, 2012).

Section 3: Execution

Effective Execution Strategies

The execution of choices is the critical step in translating theory into practice. AEEIT emphasizes that effective execution requires not only a conscious action plan but also the ability to overcome internal and external barriers that may arise during the execution process (Gollwitzer & Sheeran, 2006). These barriers might include a lack of motivation, environmental distractions, and emotional fluctuations. To

enhance execution capability, individuals can employ strategies such as setting phased goals, using self-reward mechanisms, and managing their environment (Fujita & MacGregor, 2012). During execution, two critical factors need attention: timeliness and accuracy. Timeliness refers to executing the decision immediately after it is made, without additional deliberation or delay—even if it means taking action for just one minute. Accuracy involves not compromising or settling for less when following through on the chosen behavior.

Case Analysis

When faced with high-calorie foods, individuals might unconsciously choose to continue eating due to habitual responses or emotional fluctuations. During a moment of awareness, individuals recognize the potential negative impacts of this behavior, such as weight gain or health issues. This recognition is the first step in breaking the automatic eating pattern. After becoming aware of the issue, the individual must immediately decide whether to continue eating high-calorie foods or opt for a healthier alternative. Through rational analysis, they realize the long-term health benefits of choosing healthier foods and decide to put down the chips and choose an apple or a cup of low-fat yogurt instead.

Next comes the execution phase. Timeliness: After making the decision, the individual should act immediately, stopping the consumption of high-calorie foods and quickly reaching for the healthier option (e.g., an apple in the refrigerator). This prompt action helps avoid procrastination and further hesitation, even if the action lasts just one minute, serving as a valuable exercise in willpower. Accuracy: During execution, individuals must adhere to their decision without compromising. For example, if the decision is to eat an apple, they should stick to this choice and not revert to high-calorie foods due to immediate temptations. By strictly following through with their decisions, individuals can reinforce their behavior choices and gradually develop healthier eating habits.

Section 4: Experience

The Importance of Experience

Finally, experience is the critical step in AEEIT, particularly the importance of achieving a flow experience. Flow is a state of deep immersion and full engagement in an activity, which can significantly enhance an individual's satisfaction with and commitment to new behaviors (Nakamura & Csikszentmihalyi, 2014). By actively experiencing the chosen behavior, individuals can enjoy the immediate pleasure it brings while also enhancing their self-efficacy, further solidifying their commitment to the new behavior pattern (Csikszentmihalyi, 2014).

Case Analysis

After successfully becoming aware of and choosing a healthier food option, the key to the experience phase is how to use the flow experience to increase satisfaction with the new behavior and its sustainability, thus reinforcing the positive behavior change.

Immersing in the New Behavior

When an individual chooses to eat an apple or other healthy food instead of high-calorie foods, they can fully immerse themselves in this new eating behavior. For example, while eating the apple, they can focus entirely on the texture, taste, aroma, and the refreshing satisfaction that each bite provides. This deep concentration can help the individual enter a flow state, temporarily removing other distracting thoughts or disturbances.

Enjoying Immediate Gratification

By focusing on the process of eating healthy food, the individual can experience not only the

physiological pleasure of the food but also a psychological sense of accomplishment. This pleasure arises from the success of self-control and the positive feedback from engaging in healthy behavior. For instance, after eating the apple, the individual may feel a sense of lightness and refreshment, contrasting sharply with the heaviness and greasiness experienced after eating chips. This positive immediate feedback reinforces the value of the new behavior.

Enhancing Self-Efficacy

Through actively experiencing this process, the individual can realize their ability to make healthy choices and control their behavior. This enhancement of self-efficacy is crucial as it boosts confidence in future behavior changes. For example, the individual may recognize that they can successfully resist the temptation of high-calorie foods and derive greater satisfaction and accomplishment from doing so. This realization will further strengthen the individual's determination to maintain healthy eating habits.

Establishing a Positive Cycle

As the individual repeatedly experiences the satisfaction of choosing healthy foods and the flow state associated with this process, the new behavior pattern will gradually become internalized as a habit. Each successful experience will increase the likelihood of the individual continuing to choose healthy foods in the future, reducing the chances of reverting to high-calorie foods. This positive cycle helps consolidate healthy eating habits, promoting long-term behavior change and the maintenance of a healthy lifestyle.

By deeply engaging in and enjoying the process of new behaviors during the experience phase, individuals can not only increase satisfaction with the new behaviors but also enhance the sustainability and stability of these behaviors through flow experiences, thereby firmly establishing a positive lifestyle.

4. Validation of the Theory

To validate the effectiveness of the Awareness-Execution-Experience Integration Theory (AEEIT), a systematic experimental plan has been designed to evaluate the application of this theory in various contexts through empirical research. The core of this experimental plan is to ensure the reliability of the data and the broad applicability of the results.

4.1 Sample Selection

This experimental plan will recruit 300 participants from diverse backgrounds, ranging in age from 18 to 50, including students, working professionals, and other social groups. The diversity of the sample is intended to verify the broad applicability of the theory. All participants will complete an initial behavioral assessment questionnaire before the experiment to identify their existing unconscious behavioral habits, such as unhealthy eating, lack of exercise, or procrastination. Participants will then be randomly assigned to either the experimental group or the control group, with 150 individuals in each group, ensuring the scientific rigor and representativeness of the experimental results.

4.2 Experimental Methodology

The experimental group will undergo a six-week intervention based on the AEEIT. The intervention will include the following components:

Awareness Training: Participants will engage in mindfulness practices and meditation to enhance their awareness of their behaviors.

Behavioral Choice Strategies: Participants will be taught how to make more beneficial choices

when they become aware of negative behaviors, focusing on balancing rationality and emotional responses.

Execution Support: Specific strategies and tools will be provided to help participants overcome obstacles during the execution process, such as goal setting, behavior logging, and self-reward mechanisms.

Experience Guidance: Participants will be encouraged to enhance their satisfaction and sustain their new behaviors through flow experiences.

The control group will not receive any intervention and will continue their existing habits. Throughout the experiment, all participants will be required to complete a weekly behavior log to record changes in their behaviors and psychological states.

4.3 Data Analysis

At the conclusion of the experiment, the data will be statistically analyzed using SPSS software. The primary analytical methods will include:

Repeated Measures ANOVA: This will be used to compare the behavior changes of the experimental and control groups at different time points before and after the intervention. The focus will be on assessing improvements in awareness, the rationality of behavior choices, the effectiveness of behavior execution, and the frequency and intensity of flow experiences.

Regression Analysis: This will be employed to evaluate the predictive roles of the four steps—awareness, choice, execution, and experience—in behavior change, thereby confirming the contribution and mechanism of each step within the theory.

Between-Group Comparison Analysis: This will compare the overall effectiveness of the intervention between the experimental and control groups. Additionally, the performance differences among participants from diverse backgrounds will be analyzed to explore the theory's applicability across various contexts.

The experimental plan will also include a qualitative interview component, wherein in-depth interviews with participants in the experimental group will be conducted to further explore their subjective experiences, particularly the challenges and feelings encountered during the stages of awareness, choice, execution, and experience. These qualitative data will complement the quantitative analysis, providing a richer perspective for validating the theory.

Through this experimental plan, the study aims to systematically assess the effectiveness of AEEIT and provide robust data support for its broad application across different contexts.

5. Discussion

5.1 Advantages and Limitations of the Theory

5.1.1 Advantages

The Awareness-Execution-Experience Integration Theory (AEEIT) demonstrates several unique advantages compared to other behavior theories. First, it emphasizes a holistic approach to behavior change by integrating the four systematic steps of awareness, choice, execution, and experience. This approach helps individuals maintain autonomy and conscious control at each stage of the behavior change process (Peters & Büchel, 2011). Unlike traditional behavior theories, which often focus primarily on external behavior outcomes or single behavior change strategies, AEEIT delves deeply into the

psychological mechanisms underlying behavior formation.

Additionally, the theory places significant emphasis on the inclusion of flow experiences, highlighting the importance of subjective perception and positive experiences during the behavior change process. Flow experiences can significantly enhance an individual's satisfaction with and commitment to new behaviors, which is a dimension often overlooked by other behavior change theories (Nakamura & Csikszentmihalyi, 2014). This experience-oriented approach not only fosters internal motivation for behavior change but also increases the likelihood of behavior maintenance.

Furthermore, AEEIT's focus on awareness and choice helps individuals make more rational decisions when faced with complex life situations, thereby reducing the risk of being controlled by unconscious habits. The enhancement of self-regulation abilities makes this theory particularly applicable to the decision-making challenges frequently encountered in modern society (Berkman, 2018).

5.1.2 Limitations

Despite its many advantages, AEEIT also has certain limitations. First, the effectiveness of the theory relies heavily on the individual's ability to cultivate self-awareness and maintain a strong motivation for behavior change. For individuals who lack self-awareness or are insufficiently motivated to change their behavior, the theory's impact may be limited (Smith & Miller, 2022). Additionally, developing awareness and flow experiences requires time and training, which poses higher demands on time management and self-discipline.

Moreover, the application of the theory may encounter challenges in execution. While the theory emphasizes phased goal setting and self-reward mechanisms, in practice, individuals may struggle to consistently execute their chosen behaviors due to environmental distractions or emotional fluctuations (Gollwitzer & Sheeran, 2006). This suggests that the theory may need to be combined with more flexible intervention strategies to better suit the specific circumstances of different individuals.

Table1. Summary of Research Limitations

Limitation	Description	Potential Impact	Mitigation Strategy
Internal Validity	Reliance on self-reported data, subject to biases like social desirability.	May lead to inaccurate measurement of psychological constructs.	Incorporate objective measures or triangulate with multiple data sources in future research.
Construct Validity	Constructs such as "awareness" and "choice" are operationalized based on theory.	Uncertainty about whether these constructs truly reflect the intended psychological processes.	Further empirical validation with diverse measures.
Statistical Validity	Limited sample size and diversity.	Results may not generalize to broader populations.	Increase sample size and ensure a more representative demographic in future studies.
External Validity	The study’s applicability to different cultural or situational contexts is untested.	Generalizability to other contexts is unknown.	Conduct cross-cultural studies and apply the theory in various contexts to assess generalizability.
Reproducibility	Single study design without replication.	May lead to concerns about the robustness of findings.	Encourage independent replication studies to validate the findings.
Generalizability	Uncertainty about the theory's application in non-controlled environments.	Potential difficulty in applying findings to real-world settings.	Pilot testing in real-world settings before broader application.

To address these limitations, future research could explore integrating AEEIT with other behavior change strategies, such as Motivational Interviewing (MI) or Cognitive Behavioral Therapy (CBT), to

enhance its applicability and effectiveness. Additionally, developing more tools and resources to help individuals more easily implement and adhere to each step of the theory in daily life is another potential direction for future improvement.

5.2 Directions for Future Research

5.2.1 Addressing Anxiety and Depression

Future research could further explore the application of AEEIT in addressing mental health issues, particularly in managing common psychological problems such as anxiety and depression. Anxiety and depression are often accompanied by unconscious negative behavior patterns that may exacerbate psychological symptoms (Garland et al., 2010). Through the four steps of AEEIT, individuals can better identify and adjust these negative behaviors, thereby reducing psychological stress and improving overall quality of life.

5.2.2 Call for Interdisciplinary Research

To more comprehensively understand the mechanisms and potential applications of AEEIT, future research should adopt an interdisciplinary approach. For instance, combining psychology with neuroscience to explore how the theory influences behavior change through biological mechanisms, such as neurotransmitters like dopamine; or integrating it with sociological research to examine how social support and cultural context impact behavior change under the guidance of this theory (Garland et al., 2010).

Moreover, future research could consider applying the theory to other behavioral domains, such as career development or educational training, using diverse research designs and experimental validations to further enrich and refine the theoretical framework.

6. Conclusion

6.1 Summary of Key Points

The Awareness-Execution-Experience Integration Theory (AEEIT) provides a scientific approach to maximizing the efficiency of each moment in life through its four systematic steps—awareness, choice, execution, and experience. The core of the theory lies in enhancing individuals' awareness of their behaviors, disrupting the automatic responses driven by unconscious habits, and making rational and beneficial behavioral choices. Through effective execution and positive experiences, individuals can gradually develop new, healthy behavior patterns, thereby improving their overall quality of life. This theory not only contributes to personal growth and self-regulation but also offers new perspectives and methodologies for research and application in social psychology.

The introduction of AEEIT provides robust support for individual growth and self-regulation while making significant contributions to the field of social psychology. It helps deepen our understanding of the complexity of behavior change and how to achieve more efficient life management through systematic methods. Through this theory, individuals can better control the pace of their lives, gradually achieving inner balance and fulfillment.

6.2 Practical Recommendations

To apply AEEIT in practice, readers can consider the following specific recommendations to enhance self-control and maximize life efficiency:

Cultivate Awareness Habits

Spend time daily engaging in mindfulness practices or meditation to cultivate acute awareness of

one's behaviors and emotions. This can be achieved through simple breathing exercises, reflective journaling, or mindfulness observation. Such habits not only improve focus in daily life but also help individuals detect unconscious behaviors earlier.

Develop Clear Choice Strategies

When faced with decisions, use rational thinking tools such as pros and cons lists or goal-oriented decision models to make the most beneficial choices. By repeatedly practicing these choice strategies, individuals can gradually reduce decisions driven by impulsive emotions, making choices that align with long-term interests.

Set Phased Execution Goals

Break down larger goals into smaller, actionable steps, and use self-reward mechanisms to motivate the completion of each step. For example, when changing dietary habits, start by reducing one high-calorie food item per day, and reward yourself for each successful behavior. Such strategies make goals more achievable and gradually create a positive behavior cycle.

Focus on the Experience Process

When executing new behaviors, immerse yourself in the experience. By paying attention to every detail of the behavior, individuals can more deeply appreciate the positive feedback from the new behavior and use this flow experience to enhance the sustainability of the behavior. For example, during healthy eating, focus on the taste and texture of the food and feel the lightness and pleasure in your body, which strengthens the motivation to continue choosing healthy foods.

7. Transparency and Openness

In accordance with transparency and openness standards, we acknowledge that the data and materials associated with this study are not publicly available due to ethical considerations regarding participant confidentiality and the sensitive nature of the data collected. Given the privacy concerns and the potential risks to participant anonymity, the data cannot be shared in a public repository.

Furthermore, the study's analysis code is not available for public access as it contains information that could potentially compromise participant confidentiality. If additional information is required for replication or verification purposes, interested researchers may contact the corresponding author directly to discuss possible access to anonymized data under appropriate conditions.

Conflict of Interest Statement

The author declares that there is no conflict of interest regarding the publication of this paper. All research conducted adhered to the highest standards of scientific integrity and ethical practice.

Data Availability Statement

No data were generated or analyzed in this study. Therefore, there are no datasets available for this submission.

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