

SUNK COSTS JOURNAL (*examples*)

Situation: *I ate desert that I didn't really want (Moochi) because someone else had ordered it*

Sunk cost: \$3

Noticed: At the time / Afterward

Cues I (could have) noticed: *Wanting to find a reason to eat it, not looking evenly for reasons for and against*

Techniques I (could have) used to detach: *notice the social and other goods that I'm getting from pretending to want the dessert, and look for other ways to achieve those. Transform into purchased option ("I now have the option of eating a desert I don't want for free") to make the silliness more obvious).*

Situation: *A scheduled conversation/meeting that didn't look very useful*

Sunk cost: *Time and planning required to set it up*

Noticed: At the time / Afterward

Cues I (could have) noticed: *Asking what I expected to accomplish by staying; I felt a lack of any positives, and felt kind of stuck*

Techniques I (could have) used to detach: *Use fungibility: notice that even if I still had those conversational goals, there are more efficient ways to achieve them later. Imagine I just teleported in*