

**EXAMPLE 2.** Choice is between

- \$100 in 12 months or
- \$160 in 16 months

$$u_t(\$x) = \sqrt{x}, \text{ for all } t \text{ and } \delta = 0.95$$

**(A) Exponential discounter:**

$$U_0(\$100, 12) = \sqrt{100} \delta^{12} = 10(0.95)^{12} = 5.4$$

$$U_0(\$160, 16) = \sqrt{160} \delta^{16} = 5.57$$

so that  $(\$160, 16) \succ_0 (\$100, 12)$

$$U_{12}(\$100, 12) = \sqrt{100} \delta^0 = 10$$

$$U_{12}(\$160, 16) = \sqrt{160} \delta^4 = 10.3$$

time consistent

so that  $(\$160, 16) \succ_{12} (\$100, 12)$

**(B) Hyperbolic discounter with  $\beta = 0.8$**

$$U_0(\$100, 12) = \sqrt{100} \cdot \delta^{12} \cdot \beta = 10(0.95)^{12} \cdot (0.8) = 4.32$$

$$U_0(\$160, 16) = \sqrt{160} \delta^{16} \cdot \beta = 4.46$$

so that  $(\$160, 16) \succ_0 (\$100, 12)$

time inconsistent

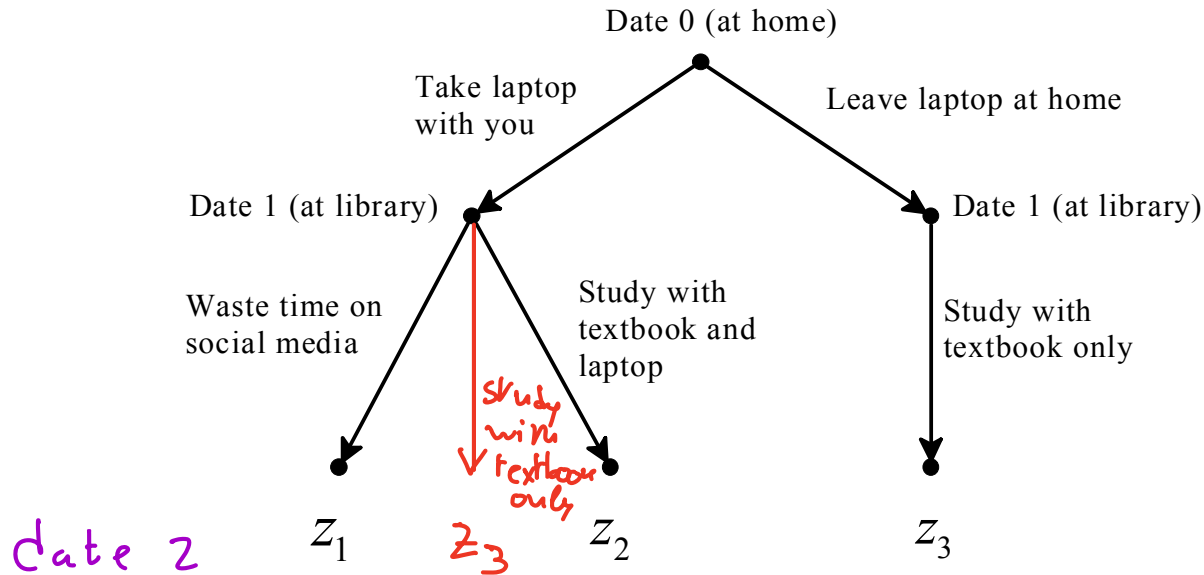
$$U_{12}(\$100, 12) = \sqrt{100} = 10$$

$$U_{12}(\$160, 16) = \sqrt{160} \cdot \delta^4 \cdot \beta = 8.24$$

so that  $(\$100, 12) \succ_{12} (\$160, 16)$

# Dealing with time inconsistency

**EXAMPLE 1.** You have a final tomorrow. You are going to the library to study.



Your ranking at Date 0 is:

	<i>Utility:</i>	
best	$Z_2$	2
	$Z_3$	1
worst	$Z_1$	0

You realize that your ranking at Date 1 will be:

	<i>Utility:</i>	
best	$Z_1$	2
	$Z_2$	1
worst	$Z_3$	0

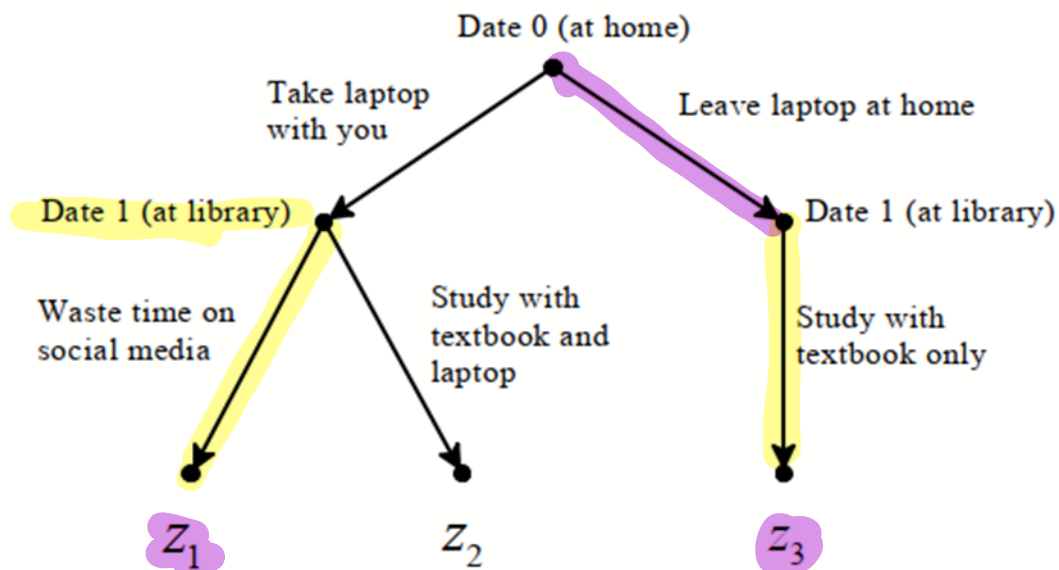
Utility:

best

Your ranking at Date 0 is:

worst

**IF you can commit:**



Date 0 utility

0

2

1


Date 1 utility

2

1

0

## HOW CAN YOU COMMIT?



# SelfControl

A free Mac application to help you avoid distracting websites.

[View code on GitHub](#) [Download SelfControl](#)

SelfControl is a free and open-source application for Mac OS X (10.5 or above) that lets you block **your own** access to distracting websites, your mail servers, or anything else on the Internet. Just set a period of time to block for, add sites to your blacklist, and click "Start." Until that timer expires, you will be unable to access those sites--even if you restart your computer or delete the application.

Once started, **it cannot be undone by the application**, by deleting the application, or by restarting the computer – you must wait for the timer to run out.

### [Concentrate](#)

When I activate “Writing,” the app automatically closes my email client and Internet Browser; blocks me from Twitter, Facebook, and YouTube; launches Microsoft Word; and sets my instant messaging status to “away”. *For Macs only.*

### [FocusWriter](#)

FocusWriter re-creates a word processor-like environment, blocking out absolutely everything on your screen except for the words you type on a simple grey background – all menus (date, timer, dock, etc) are tucked away until rollover. *For Macs and PCs.*

## [Anti-Social](#)

Rather than blocking the Internet in its entirety, Anti-Social automatically blocks all of the known time-sinks for a set period of time. Sites that are off-limits include Twitter, Facebook, Flickr, Digg, Reddit, YouTube, Hulu, Vimeo, and all standard web email programs. *For Macs and PCs.*

## [StayFocusd](#)

This extension, for users of Google's Chrome browser, works in the reverse manner to Anti-Social or Self-Control. Rather than setting a period of time for which you CANNOT use the Internet, it allows you to set a period of time to indulge in time-wasting sites. Only want to give yourself 60 minutes a day for Twitter, vanity Googling, and updating your Netflix queue? This is your app. Rather like when you were a kid and only allowed to watch 2 hours of TV a day. For Firefox users, [LeechBlock](#) performs a similar function. *For Macs and PCs.*

## EXAMPLE 2.

You have promised to help a friend paint her house (activity  $x$ ) either this weekend (Date 1) or the next (Date 2) or the following one (Date 3). The instantaneous utility of  $x$  is the same at every date:  $u_t(x) = 1$ , for every  $t = 1, 2, 3$ . You are also a member of the snowboarding club which has trips planned for all three weekends. Call  $y$  the activity of joining the trip and suppose that

$$u_1(y) = 6 \qquad u_2(y) = 8 \qquad u_3(y) = 12$$

So you have three possible plans:

Choice	First weekend (Date 1)	Second weekend (Date 2)	Third weekend (Date 3)
A	$x$	$y$	$y$
B	$y$	$x$	$y$
C	$y$	$y$	$x$

Replacing outcomes with instantaneous utilities:

Choice	First weekend (Date 1)	Second weekend (Date 2)	Third weekend (Date 3)
A	1	8	12
B	6	1	12
C	6	8	1

Choice	First weekend (Date 1)	Second weekend (Date 2)	Third weekend (Date 3)
A	1	8	12
B	6	1	12
C	6	8	1

Suppose that your preferences are represented by the hyperbolic utility model with discount factor  $\delta = 0.85$  and present-bias parameter  $\beta = 0.7$ .

$$U_1(A) = 1 + 8 \cdot (0.85)^1 (0.7) + 12 \cdot (0.85)^2 \cdot (0.7) = 11.829$$

$$U_1(B) = 6 + 1 \cdot (0.85)^1 (0.7) + 12 (0.85)^2 \cdot (0.7) = 12.664$$

$$B \succ_1 A \succ_1 C$$

$$U_1(C) = 6 + 8 \cdot (0.85)^1 (0.7) + 1 (0.85)^2 \cdot (0.7) = 11.266$$

So your ranking at Date 1 is:

However, if you know your own preferences you know that

(plan A not available any more)

$$U_2(B) = 1 + 12 (0.85)^1 \cdot (0.7) = 8.14$$

$$U_2(C) = 8 + 1 (0.85)^1 (0.7) = 8.59$$

$$C \succ_2 B$$

So that you understand that your ranking at Date 2 will be:

