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Emotional Calibration of Self-Control

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**HIGHLIGHTS**

- We study a dynamic self-control model affected by past decisions.
- Past decisions produce effort and regret emotions that affect self-control.
- We explain switching consumption patterns of indulgence and restraint (and vice versa)
- The amplitude of this pattern increases with foresight.
- Unavoidable temptations affect future preferences, and pre-commitment decisions.

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