

The Psychology of Everyday Actions

The second chapter of the book "The design of everyday things" gave me a new perspective about the behavior we have in our normal actions. I need to admit I always have been the kind of person that blame itself when something does not work in the way I expected. One good example could be the doors of the stores which give me the idea of a "pull" action and only open with a "push", sometimes I felt embarrassed and I open the door only for get out of that place the fastest I could.

We can have the theoretic part of our everyday interaction with the objects, but we actually do not know how our minds works with the situations, what process happens when we need to use a new artefact?

The book gives us the example of how we drive a car. I identified myself with this example because I actually learned it at the beginning of this year, and I ask me the same idea that the book has. How can they do all that things without even look stressful? how does It see so natural? At some point I start thinking that my brain actually does not works for this. But at some point, I started do It well, and I started feel more comfortable and I stop overthinking about all the process: I started feel like it happens natural.

The book explain how our subconscious works faster than our conscious, and It works with situations like the driving a car. Unfortunately, the subconscious works automatically and that create problems and some situations; like open a door in the wrong way.

I get to the conclusion that the subconscious receive information about our environment, this information is correct when the good design is present, when we have a correct conceptual model and a appropriate feedback.