

Nature of the limit	Change in behavior	Share of subjects	Mean change
Soft commitment			
Biting (26%)	Reduction	79.17%	-0.94
	No change	8.33%	–
	Increase	12.5%	0.43
Non-biting (74%)	Reduction	43.88%	-0.18
	No change	0.72%	–
	Increase	55.4%	0.22
Hard commitment			
Biting (19%)	Reduction	92.31%	-1.01
	No change	7.69%	–
	Increase	–	–
Non-biting (81%)	Reduction	50%	-0.15
	No change	1.85%	–
	Increase	48.15%	0.18