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(54) **Title:** SUBSTANCE USAGE MANAGEMENT WITH GAMIFIED SELF-CONTROL TRAINING EXERCISES

(57) **Abstract:** Systems and methods for managing substance usage. The method includes receiving, at a mobile computing device, a session length from a user. The method also includes selecting, by the mobile computing device, a first boost game that provides a first cognitive load. The method further includes displaying, to the user via a graphical user interface of the mobile computing device, the first boost game for a first time duration. The method also includes selecting, by the mobile computing device, a second boost game that provides a second cognitive load. The second cognitive load is greater than the first cognitive load. The second boost game includes a self-control training exercise. The method further includes displaying, to the user via the graphical user interface, the second boost game for a second time duration. The first time duration and the second time duration are determined based on the session length.

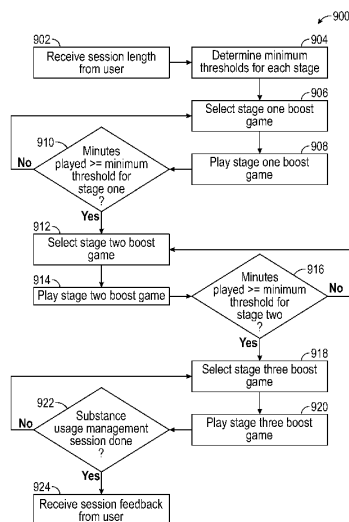


FIG. 9