

# Theory of Constraints and Habitual Domains Theory

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## Abstract

Habitual domain describes the domains in which we habitually search solutions for our problems. The domains just like a multiple layer box. The exterior box (potential domain) is very large but the inner box (actual domain) is very small. If we want to release our stress and pains from the encountered problems instantly and effectively, we may need the ability to find the solution in the exterior or inner box. Unfortunately most of our thinking are habitually constrained in inner box, and unable to break through the boundary of inner box. As a consequence, we can not solve our problems and relieve our pressure and pains effectively.

Dr. Eliyahu M. Goldrat propose Theory of constraints. This theory is use effectively for looking for the true goal. Theory of constrains teaches us to find the limitation through the analysis on the goals. Then when the limitation to reach the true goal is found by breaking the limitation, we can find a way to accomplish the true goal.

Dr. Po-lung Yu initiated the study of Habitual domain. The concepts of Habitual domains theory can help us to have better self understanding and relieve our pressure and pains and find the potential ability as to solve our problems more effectively.

In this thesis we show that *Habitual domains theory* can complement *theory of constraints*, and conversely, theory of constraints can complement that of habitual domains theory too. Using theory of constraints can help us in the transformation of actual domain, and conversely, using habitual domains theory can help us to find the correct relation between abnormal effect and problem solution. As the result, we can use both of these two theories to solve problems under specific conditions.

Keyword : habitual domain 、 theory of constraints 、 circuit pattern 、 constraints