

The psychology behind why you always want to sit in the same seat

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Ever noticed that you're stuck in your ways when it comes to seating preferences? Do you always sit in the same chair when you enter a conference room, select the same bike each time you take a spin class, or choose the same side of the plane when pre-selecting a seat?

It's not just you: It's environmental psychology.

This behavior is an expression of "territoriality." Territoriality is a spatial organizing mechanism that expresses itself in surprising ways. "Usually territoriality is thought of in terms of aggression and defense, such as when nations or gangs fight, but actually its most common purpose is to keep the peace," says University of Victoria psychology professor [Robert Gifford](#). "Most of the time most people claim a space and others tacitly agree to it."