Did I do that?: Breaking Bad Habits

Trying to break a bad habit can be overwhelming if you think about it all at once. Instead, one strategy is to think about the smaller, individual steps that lead up to the habit. Then you can figure out different ways at each step to prevent the bad habit from happening. This example shows a series of events that lead up to stress eating, and some ways you could prevent stress eating at each step:

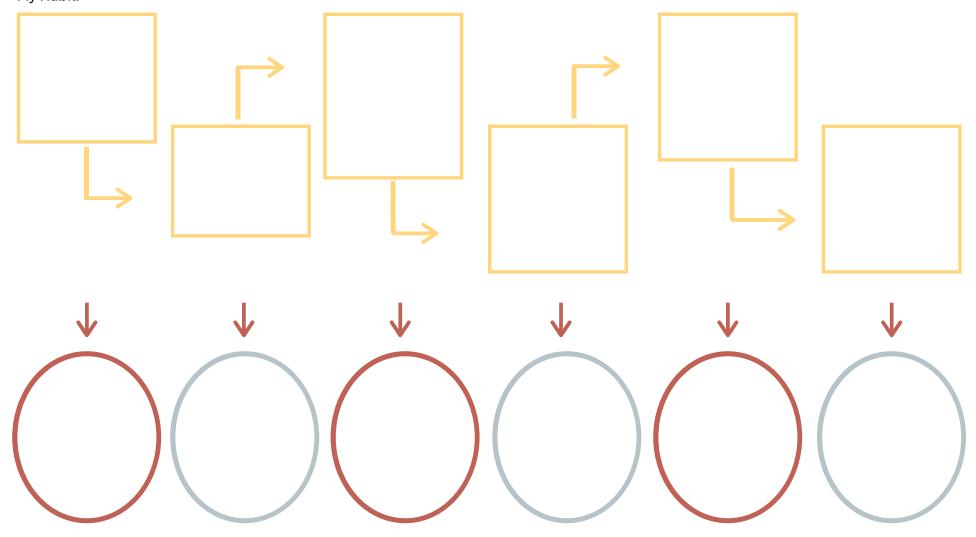
Sample Habit: Stress Eating I am not satisfied Every Tuesday, I plan on because my meal exercising after my manager work, but feel too had poor keeps me at work nutrition. I start drained and late. scrounging. watch tv and snack instead. My mom walks in I feel really There is no annoyed, but prepared food and we start arguing about my around this time. bottle it up. I aet dinner from eating habits. I add dessert. the food truck. Request a Plan a shorter. Once calm. talk Practice quick Drink a glass of Prepare food the more relaxed meeting with my to mom about stress water. Keep day before and label workout on manager to helpful ways she management healthy snacks it so no one else will discuss strategies Tuesdays to take can contribute to techniques like like 100 calorie eat it. Keep a list of to maintain or into consideration breaking my deep breathing packs or bags of healthy restaurant adjust work energy level after stress eating or calling a friend. carrots or jicama. alternatives. hours. work. habit.

Sample steps to derail a habit

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My Habit:



My steps to derail the habit