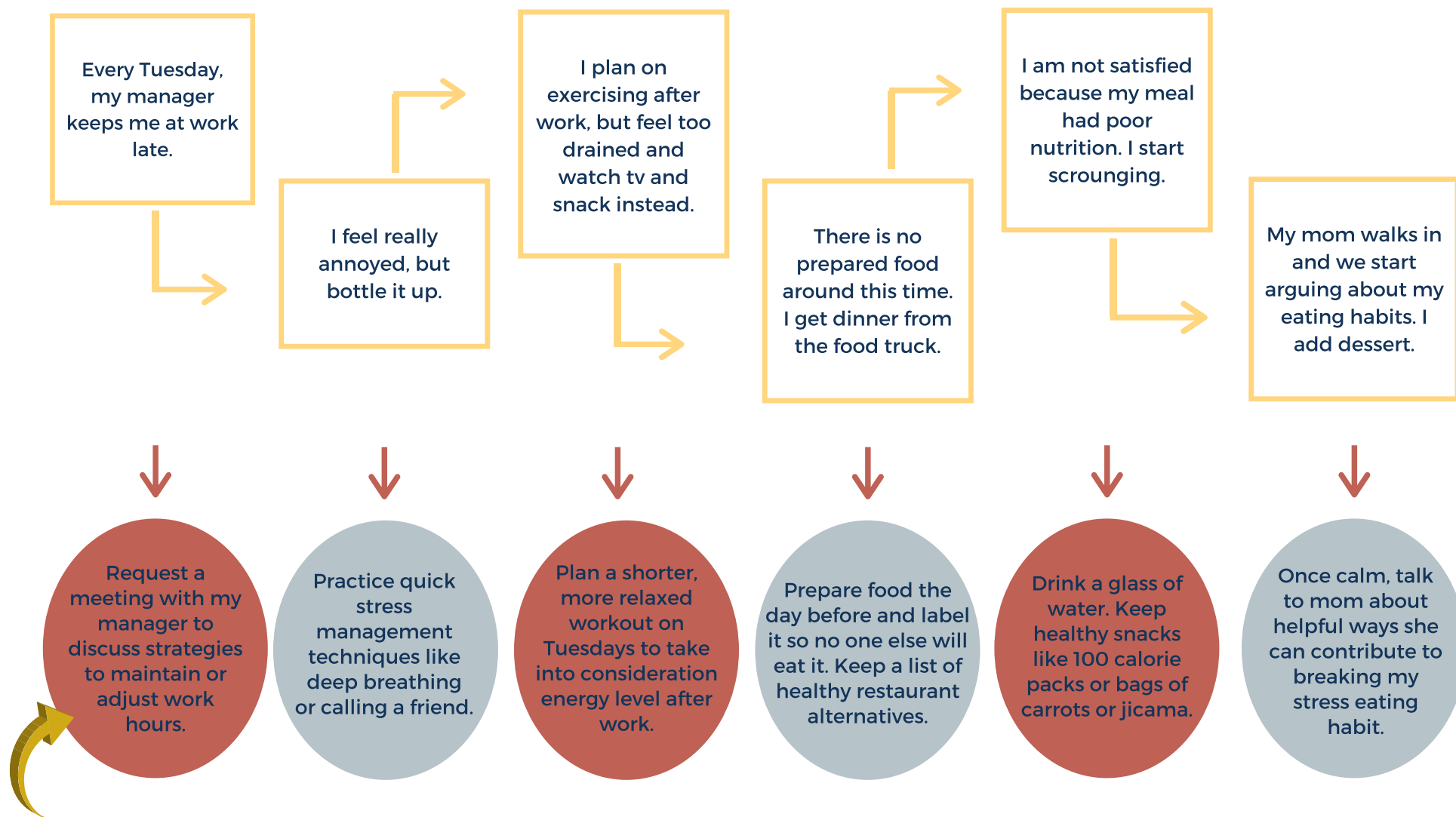


Did I do that?: Breaking Bad Habits

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

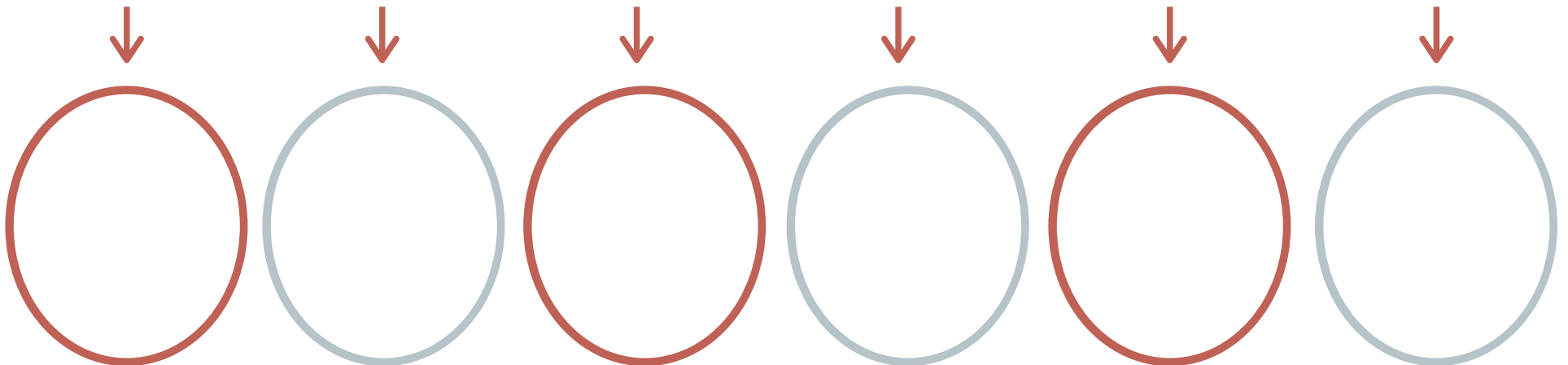
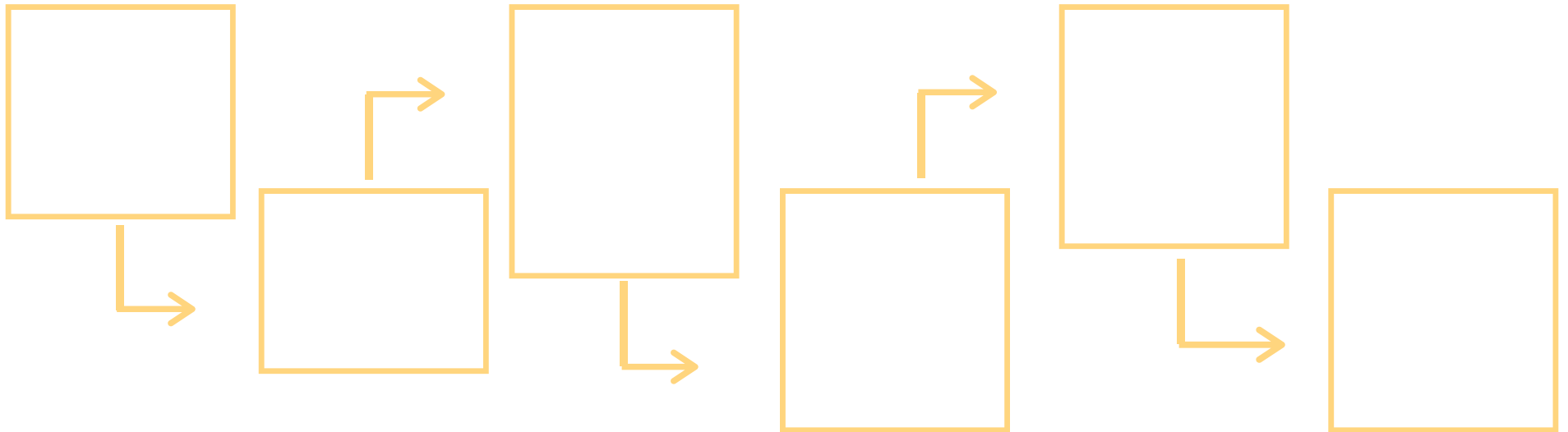


Sample steps to derail a habit

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:

My Habit:



My steps to derail the habit