

BREAKING BAD HABITS

In order to break bad habits, we need to break the loop that automatically occurs when we are exposed to a trigger. So, how do we do this?

Let's explore this together.

Step 1: Identify a bad habit.

- *e.g. eating a share bag of crisps alone while watching the TV.*

Step 2: Identify the trigger.

- *e.g. boredom sitting in front of the TV as hands have nothing to do.*

Step 3: Identify the reward.

- *e.g. the crisps taste good which sends a positive signal to the brain, your hands are occupied and it soothes the boredom.*

Step 4: Find an alternative behaviour.

- *e.g. crafting whilst watching the TV (this means that your hands are occupied and will distract you)*
- *e.g. make a tasty drink like a fruit tea.*
- *e.g. use a bottle with a straw for more stimulation to your mouth*
- *e.g. sharing the crisps with someone else or portioning a smaller amount into a bowl to satisfy your craving.*

Step 5: Repeat!

Just like the behaviour didn't start after completing it once, it will take even longer to break. So keep practicing until your new, healthier behaviour becomes automatic!