

Breaking Bad Habits – Discovery & My Commitment

Now that you've been journaling about your habits for the past two weeks...

What negative habits did you become aware of?

e.g. You may have discovered that one of your habits is scrolling social media.

When you journalled about the negative habit, what in particular did you discover?

e.g I avoid these people and the feeling of 'not good enough' around these people.

What is the 'pay off' you get from this negative habit?.....(there is always a reward).

e.g. The pay off you get for this example is – you don't have to feel uncomfortable or try to talk to people you don't know very well. Maybe you don't know what to talk about either.

You feel like you are not smart enough, pretty enough, or good enough in some way.

You feel like they are better than you. So you use avoidance as a way of coping through awkward situations or being around people who intimidate you.

Your reward is – you didn't have to feel so awkward, you don't have to feel worse about yourself because you don't have to hear about what they have been up to. You feel better because you haven't had to be exposed to someone else's good fortune or good news when you are stuck and sick of your life situation.

What is the reason you need to stop this habit?

e.g. The reason you need to stop doing this habit is because you are getting a sore neck from starring at your phone for so long! But really you are feeling left out of the conversation when others join the group; people stop inviting you and you are feeling socially isolated.

Your kids are beginning to notice; people are commenting about it; the kids are doing it too now; you accept that it is avoidance and that you need to manage this behaviour in a positive way.

What is the obstacle you need to break through or work around to stop this habit?

e.g. The obstacles I have identified are that I'm really addicted to my social media feeds; I believe that I am not good enough in some way; my lack of communication skills; it has become an expectation of me; I want to stop only when I decide; I can't really help myself, it feels like autopilot; it's too hard to stop now.

What part of the habit can you commit to over the next two weeks to begin the process of change to begin stopping the negative habit?

e.g I'm committed to interrupting the 'avoidance' issue over the next two weeks. I will leave my phone at home when we go out together; I can turn my phone off at certain times during the day, I will put it on silent during meal / family time, I'll take most/all social media apps off my phone.

I am committed to doing these basic actions for the next two weeks and I will journal about the experience.

Resistance Check – How motivated to change are you?

I Like My Habit Not Very Willing Maybe / Sometimes Motivated! VERY Motivated!



What can you replace your bad habits with?

e.g. I will practice active listening and practice more self-awareness and engage in conversation with the people I am around and family.

How will you reward yourself as you progress and reach milestones?

e.g. Cooking is my passion, I will reward myself with using my time better and making sure I eat healthy, tasty meals. I will reward myself with a new dinner set after I break my habit completely and consistently.

My Progress Tracker...

Day 1 Day 3 Day 10 Day 15 Day 30 Habit Broken!