

# Psych for Life® Habits worksheet

Over the course of the next three weeks, we would like you to pick one habit that you would like to change (and that you are willing to discuss with the group), and do your best to use the content in this module to help you change that habit.

## Part 03: Breaking an Unwanted habit:

When we talk about a "bad" habit, we really mean a habit that doesn't your personal goals in a given situation. Below, take a minute to write down your goal, and any unwanted habits that keep you from that goal (if you filled this out in section one, feel free to use that).



**1. First, write down your goal:**

**2. Next, write down the habits that have big impact on your ability to achieve that goal, good or bad:**

**As we discuss in the video, the three factors that help you stop an unwanted habit include:**

- 1. Disrupt the habit's cues*
- 2. Manipulate your environment to better serve your goals, and*
- 3. Be more mindful of your behaviors*

# Fillable Sheet

**In this section, take a minute to think about cues that cause you to engage in the unhealthy habit.**

1. When and where do you tend to engage in the unwanted habit?
2. What sorts of environmental cues remind you to engage in this habit?
3. Are there ways you can change your environment to make the unwanted habit more difficult, or ways to avoid the environment where the unwanted habit occurs?
4. What are some healthy alternatives to this habit?
5. What are ways you can change your environment to make healthier options easier?
6. Finally, is there a moment when you begin the unwanted habit, but it's not too late to stop? For example, if you are trying to quit smoking, could you throw a cigarette out after the first puff, or if you are eating too many cookies, you could walk away after the first one. What could be a cue to be mindful of your unwanted actions, and stop them once they've begun?