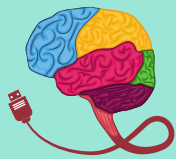


Ways to Help Stop an Unwanted Habit



Why do we repeat unhelpful habits?

The human brain is wired for: Immediate satisfaction, Quick pay offs, Instant rewards



Unhelpful Habits

e.g. Eating junk food, Playing games all day



Immediate Outcome:

Feel good, taste good, fun

Long-term Outcome:

Feels bad, health problems, fail course, don't get the grades



Helpful Habits



e.g. Healthy Eating, Studying

Immediate Outcome:

Feels unenjoyable, hard

Long-term Outcome:

Feels good, health benefits, pass course, get good grades

1

Make it Invisible

Reduce exposure to things related to the habit and remove any cues



Out of sight, out of mind

Avoid people or places associated with the habit



3

Make it Difficult

Put barriers in the way or Increase the number of steps to get to the habit

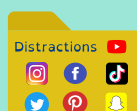


Examples:



To eat less snacks: Keep them in a locked cupboard and give someone else the key

To use social media less: Put the apps in a folder named distractions



2

Make it Unattractive

List the benefits of avoiding your bad habit and remind yourself often



Examples:

- Save money
- Better health
- Improve fitness
- Less stressed
- Increase chances of getting the job I want
- Feel better

4

Make it Unsatisfying

Get an accountability partner and create penalties



Example:



Make a pact with a friend: if you do the bad habit they pick a chore for you to do for them!