

CONQUERING MY HABIT ENEMY

PART V



Worksheet 8

Before doing this exercise, calmly reflect on the three habits you identified in the previous exercise and the one you are most inclined to eliminate at this time.

UNDERSTANDING THE HABIT



What habit do I want to eliminate?

Name the specific behavior or thought pattern you have decided to change.



What rewards or satisfaction did this habit initially provide?

Reflect on what this habit offered you when you first began it—perhaps a sense of pleasure, escape, or relief from pressure.



What, if anything, does this habit still provide?

Identify any real benefits this habit still offers.



What are the unhealthy side effects of this habit?

Consider how this habit undermines your physical, emotional, mental, and spiritual wellbeing.



What thoughts set this habit in motion?

Every action begins with a thought or feeling. Which ones tend to trigger this habit for you?



In what circumstances or environments does this behavior arise most often?

Which places, situations, or emotional states make this pattern more likely to surface?



What excuses do you find yourself making?

What do you tell yourself to justify slipping into this habit pattern?



How do you feel when this habit overtakes you?

Describe the thoughts and emotions that arise when the habit takes hold.



Who in your life encourages, enables, or shares this habit?

Think of family, friends, or colleagues whose attitudes or companionship make it easier for you to keep the habit.

YOUR RESOLVE TO CHANGE



Why do I want to eliminate this habit now?

What motivates you to want to break free at this moment in your life?



Which behaviors am I willing to give up?

Identify specific actions you are ready to stop in order to break this habit. Be clear about what you are willing to let go of.



What environments am I willing to avoid?

Which places, people, or situations are you ready to avoid while you work to overcome this habit?

∞ INTERLUDE ∞



YOU ARE FREE!

Take a moment now — and again at the start of each day — to visualize yourself living without this compulsion. Feel what it's like to be free.

A heavy burden has been lifted.
You feel a lightness in your body —
your chest open and proud,
your heart unencumbered.

That weight is gone. Gone forever.
You move forward with lightened steps,
each movement full of grace and ease.