

## *Habits* Making and Breaking Them

Tools for Life®  
206-799-8650  
877-492-1957 toll free  
e-mail [info@destinymgmt.com](mailto:info@destinymgmt.com)  
[www.destinymgmt.com](http://www.destinymgmt.com)

### *Habits*

- A behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance

### *The early years...*

- A clear mind and no distractions
- Dedication of time
- Skinner box
  - Positive and negative reinforcement

### *Repetition reinforces the strength*

### *Chemical Addictions*

### *Overcoming bad habits...*

- Admit to the habit
- Understand why you have this habit
- Understand that there is a way to stop
- You are superior to the habit & have the strength to break the habit
- Voluntarily stop - immediately
- Healthy replacements

### *Behavioral Modification*

- Habitual interference:
  - the deliberate and purposeful conflict between two or more incompatible responses that result in mutual weakening or the eventual domination of one response over the other

### *Form a 'Non-habit'*

### *Making healthy habits*

- Positive reinforcement
  - internal
  - external
- Negative reinforcement
  - creates resistance and anxiety

*7 steps to goal setting*

- Identify
- Set a deadline
- List obstacles to overcome
- Identify support
- List skills & knowledge required
- Develop plan of action
- List the benefits