

Habits

Making and Breaking Them

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Habits

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



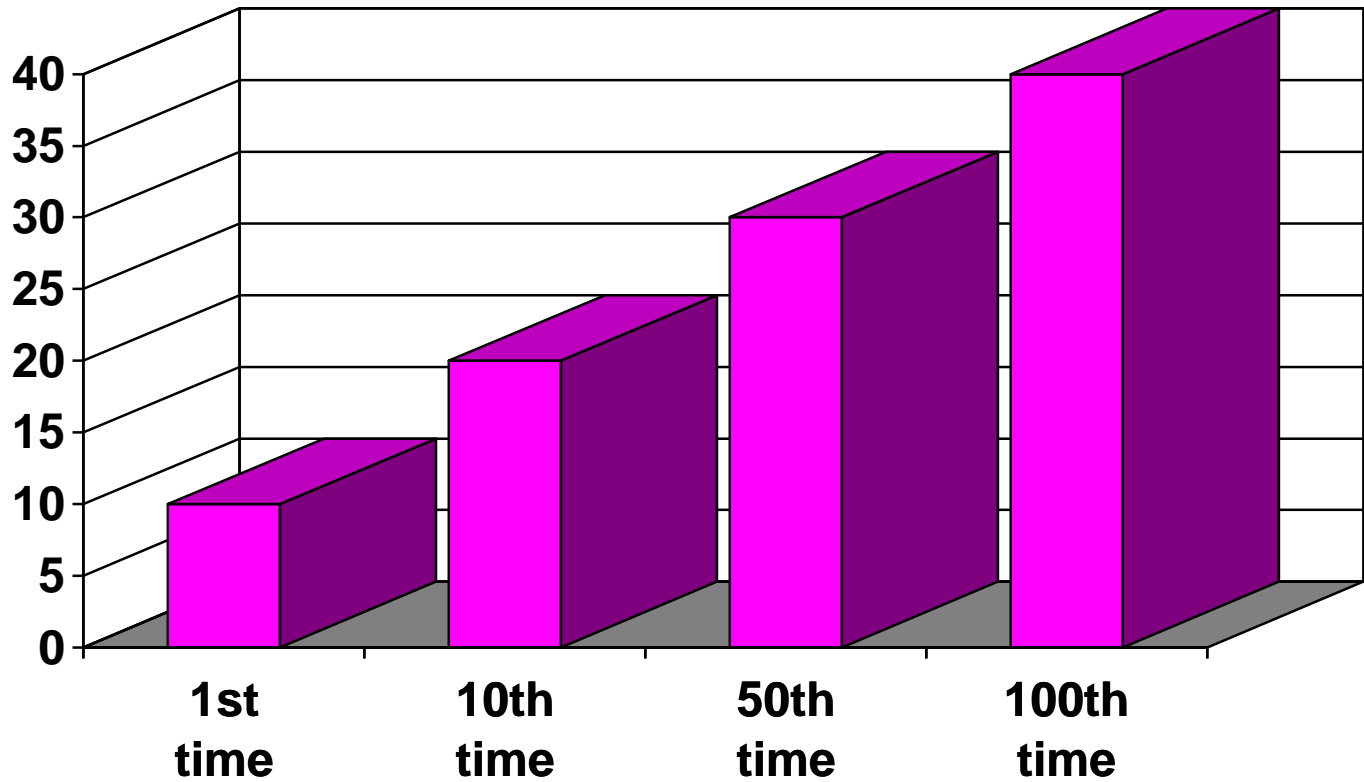


The early years...

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



Repetition reinforces the strength



Chemical Addictions

food

smokes

coffee/chocolate

exercise

alcohol

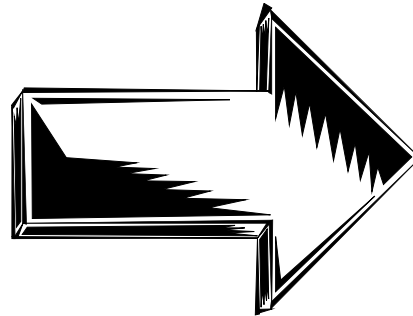
energy

nicotine

caffeine

endorphins

depressant



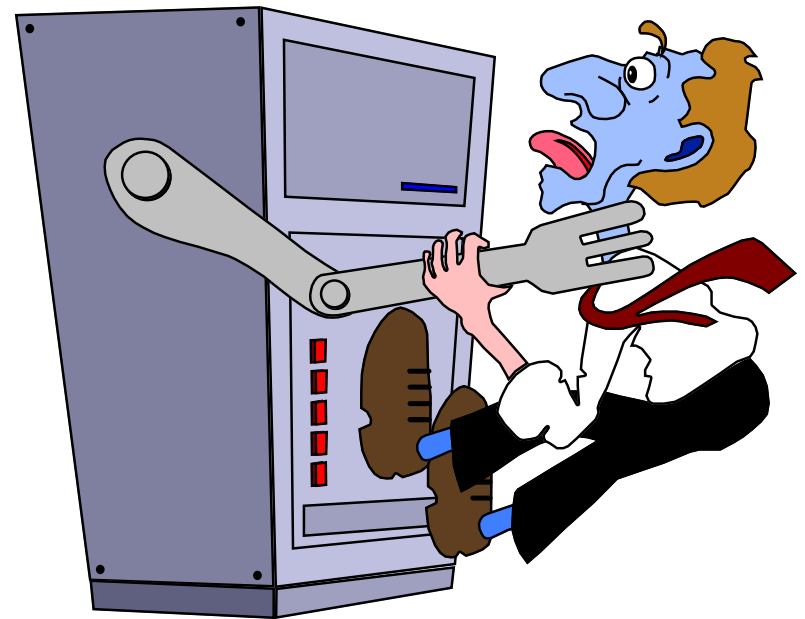


Overcoming bad habits...

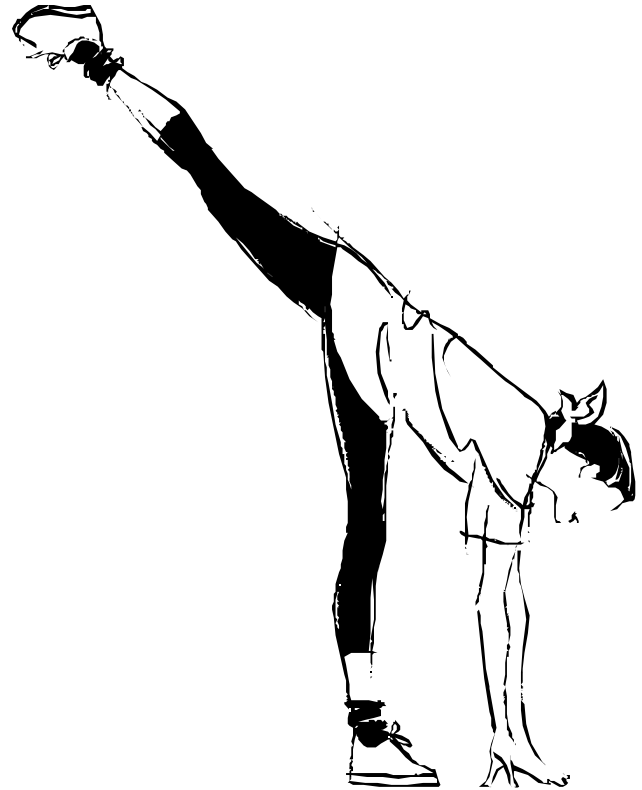
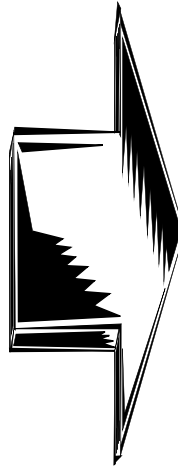
- ❖ Admit to the habit
- ❖ Understand why you have this habit
- ❖ Understand that there is a way to stop
- ❖ You are superior to the habit & have the strength to break the habit
- ❖ Voluntarily stop - immediately
- ❖ Healthy replacements

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