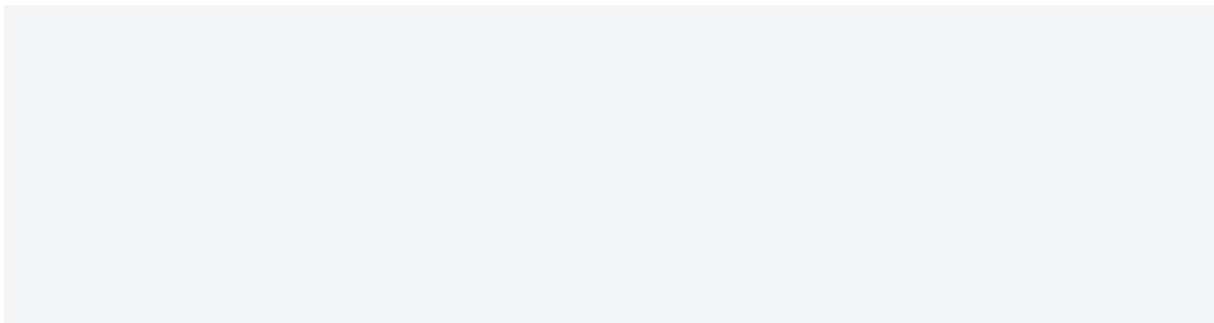


Undoing Bad Habits

Stopping harmful, negative, or unhelpful habits typically involves preventing their activation in memory or the resulting enactment of the habit response (Orbell & Verplanken, 2020).

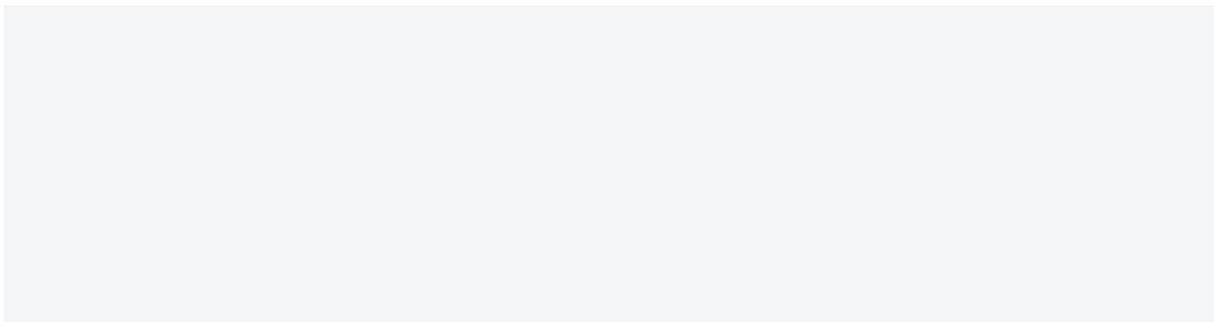
This worksheet breaks bad habits by making them invisible, unattractive, difficult, and unsatisfying (modified from Clear, 2018).

What habit would you like to break? For example, smoking.



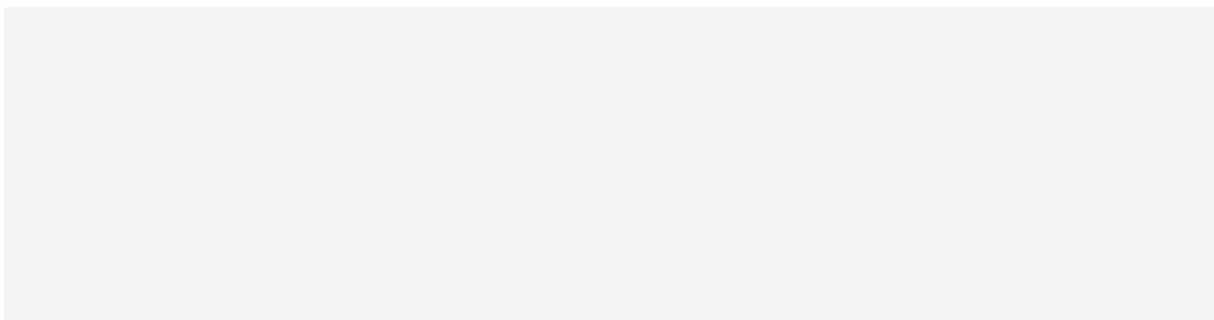
How could I make it less visible (reduce exposure to the triggers)?

For example, avoid places where you see cigarettes on sale or see people smoking.



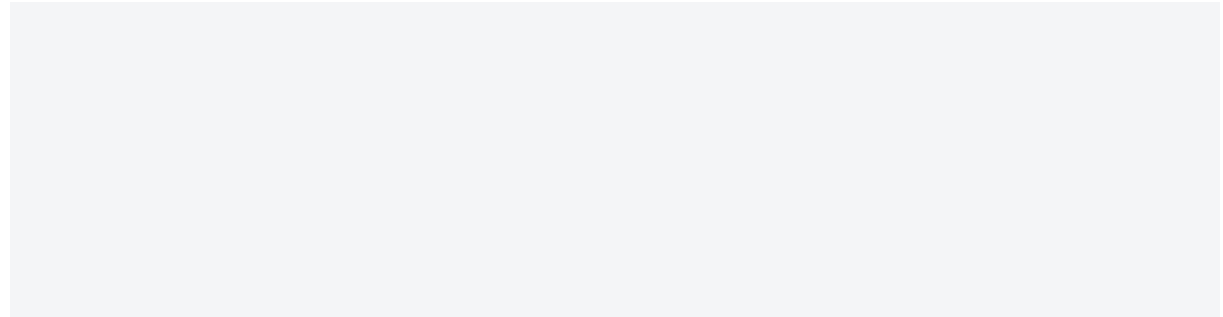
How could I make it more difficult (increase the friction)?

For example, avoid having cigarettes in the house or anyone who could offer you one.



How could I make it more unsatisfying (ask someone to watch/challenge your behavior)?

For example, make a habit contract with yourself or ask a friend to remind you that you've stopped smoking when you are out.



References

- Clear, J. (2018). *Atomic Habits*. S.I.: Random House.
- Orbell, S., & Verplanken, B. (2020). Changing behavior using habit theory. In M. S. Hagger, L. D. Cameron, K. Hamilton, N. Hankonen, & T. Lintunen (Eds.), *The Handbook of Behavior Change* (pp. 178-192). Cambridge: Cambridge University Press.

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