

STICK WITH BAD HABITS

WHAT'S THE POINT?

When it comes to changing things in our lives, motivation and commitment are not enough - even when making a change is a matter of life or death. In one study where heart patients were told that changes were needed to live, only 1 in 7 of those patients were able to make the changes they needed to survive.

We tend to think of a bad habit as an isolated, *unhelpful* behaviour. However, more often, habits are connected to one another - and a bad habit can be connected to a *helpful* one. Changes that look easy are sometimes very difficult as what we want to stop (or start) may threaten *something else* that is important to us. Without realising it, we can **STICK** with bad habits and sabotage ourselves because we haven't spotted the connections. By **UNDERSTANDING** any hidden, competing priorities, we can create **NEW WAYS** of making improvements - that actually work...

LET'S DO IT

Work through each of the STICK steps and write down your answers in the spaces below

S Firstly think about the **SUCCESS** that you want to achieve. What would great look like? What are the benefits of that success for you?

T Next thing about **THE THING** that you would need to change in order to achieve that success - try to be really specific.

I With most changes we want to make, we have tried and failed in the past. Far from being a waste of time, this failure is crucial for our learning. Use your past failures to identify what you do **INSTEAD** of **THE THING**. Again be specific.

C This is the tricky part. Think hard and carefully about the **COMPETITION**. The **COMPETING** priorities or commitments. These are things that are important to you that are actually make the things in the **INSTEAD** column *good* things to do - rather than habits to avoid.

K Finally think about the assumptions you are making that are giving your brain evidence that you should **KEEP** your "INSTEAD" behaviours alive and well. These might be things that you are afraid will happen as a result of making a change.

EXAMPLE:



WHAT COULD GIVE YOU THE OPTION TO HAVE BOTH - NOT EITHER/OR?

STICK WITH BAD HABITS CONTINUED

We are now going to think about how to UN-STICK those thought patterns - Here are a series of questions to ask yourself so that you can UNDERSTAND the situation better. The answers to these questions can be used to re-train your brain to think about how to create NEW WAYS to have **both** the SUCCESS you want to achieve and the COMPETING priority. You can have both (even if your brain is telling you it is either/or)!

UNDERSTAND

ARE MY FEARS OR CONCERNS LISTED IN KEEP BETTER DESCRIBED AS REAL/INEVITABLE CONSEQUENCES OR IMAGINED/POTENTIAL CONSEQUENCES?

WHAT COULD I DO THAT WOULD ENABLE ME TO DO THE NEW THINGS I WANT TO DO AND TO KEEP THE COMPETING THINGS THAT ARE IMPORTANT TO ME AS WELL?

WHAT COULD I SAY TO OTHER PEOPLE (OR TO MYSELF) THAT WOULD ADDRESS THE CONCERNS I HAVE LISTED IN KEEP?

NEW WAYS

WHAT PRACTICAL THINGS MIGHT HELP ME?
(POST-IT REMINDERS/DISTRACTION ACTIVITIES ETC)

WHOSE HELP MIGHT ENABLE ME TO CHALLENGE MYSELF TO HAVE THE BEST OF BOTH WORLDS?

WHAT SPECIFICALLY COULD I ASK OTHER PEOPLE TO DO THAT WOULD BE HELPFUL?

“CONSIDER HOW HARD IT IS TO CHANGE YOURSELF AND YOU WILL UNDERSTAND WHAT LITTLE CHANGE YOU HAVE IN TRYING TO CHANGE OTHERS.” BENJAMIN FRANKLIN

UN-STICK

UNDERSTAND

Handwriting practice area with dotted lines for the word 'UNDERSTAND'.

NEW WAYS

Handwriting practice area with dotted lines for the words 'NEW WAYS'.

PARTING SHOT

What could I do today that would get me one step closer to SUCCESS?

