

# THE HABIT LOOP



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CUE

Triggers the brain the initiate a behaviour

4 REWARD

The end goal of every habit 2

**CRAVING** 

The motivational force behind every habit

3

**RESPONSE** 

The actual habit which can take the form of a thought or an action

Note, sometimes craving and response are combined and called "ROUTINE"

| <b>Building Good Habits</b> | Breaking Bad Habits     |
|-----------------------------|-------------------------|
| 1. Make it obvious          | 1. Make it invisible    |
| 2. Make it attractive       | 2. Make it unattractive |
| 3. Make it easy             | 3. Make it hard         |
| 4. Make it satisfying       | 4. Make it unsatisfying |







#### BREAKING HABITS

Identify a habit to break then consider the following:

#### IDENTIFY THE CUE

Is your habit triggered by a time, location, person, action or emotion?

Once identified, consider whether you can avoid or change that cue. E.g. avoid the coffee shop.

#### IDENTIFY THE REWARD

What is the 'pay off' or the craving or need that is met by your habit and try to meet it in a different way.

#### IDENTIFY THE ROUTINE

What is your current action?

How can you substitute another routine? E.g. Drink a tea instead of coffee.

#### CREATING HABITS

Use the following statement to commit to a new habit.

When <cue>

I will <routine>

because it provides me with

<reward>

Remember that small instant rewards work better than big distant ones.

Then use the habit tracker below focus on small, achievable routines and ongoing implementation, so you 'don't break the chain'.

### HABIT STACKING

Use the following statement to add a new routine to an established habit.

After/ During <established habit>

I will < new routine >

## TEMPTATION BUNDLING

Use the following statement to connect your 'wants' to your 'shouds'.

After/ During <'want' or tempting routine>

I will <'should' routine>

| HABIT TRACKER Aim to mark off every day where you achieve some activity, even if minor. Then work hard 'not to break the chain'. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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