

DISRUPTING YOUR BAD HABITS

Now that you've selected your top replacement habits, it's essential to address the existing bad habits you want to break. The first step in this process is to become aware of what triggers these unwanted habits. Triggers are the cues that spark habitual behaviors.

Once you've identified the triggers, you can develop disruption strategies to prevent these habits from occurring. This worksheet will guide you in pinpointing your habit triggers and creating effective disruption tactics.

Build disruption tactics into your schedule proactively, like setting a distracting phone alert 15 minutes before an unwanted habit usually occurs. This creates a gap between the trigger and behavior, allowing for a conscious choice.

Consistency is key—identify all possible triggers and set disruption reminders.

BAD HABIT #1:

What are the triggers causing this behavior? Consider:

Time Triggers

Does the habit occur related to the clock, calendar, routine event, etc.?

● **Trigger 1:**

.....

Disruption Tactic:

.....

● **Trigger 2:**

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Disruption Tactic:

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● **Trigger 3:**

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Disruption Tactic:

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Location Triggers

Does a particular place or physical environment spark this habit?

● Trigger 1:
.....

Disruption Tactic:
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● Trigger 2:
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Disruption Tactic:
.....

● Trigger 3:
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Disruption Tactic:
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Social Triggers

Do specific people or situations socially influence the habit?

● Trigger 1:
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Disruption Tactic:
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● Trigger 2:
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Disruption Tactic:
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● Trigger 3:
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Disruption Tactic:
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Other Triggers

Are there any visual, emotional, or random cues you've noticed that prompt the habit?

● Trigger 1:
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Disruption Tactic:
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● Trigger 2:
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Disruption Tactic:
.....

● Trigger 3:
.....

Disruption Tactic:
.....

BAD HABIT #2:

What are the triggers causing this behavior? Consider:

Time Triggers

Does the habit occur related to the clock, calendar, routine event, etc.?

● **Trigger 1:**

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Disruption Tactic:

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● **Trigger 2:**

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Disruption Tactic:

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● **Trigger 3:**

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Disruption Tactic:

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Location Triggers

Does a particular place or physical environment spark this habit?

● Trigger 1:
.....

Disruption Tactic:
.....

● Trigger 2:
.....

Disruption Tactic:
.....

● Trigger 3:
.....

Disruption Tactic:
.....

Social Triggers

Do specific people or situations socially influence the habit?

● Trigger 1:
.....

Disruption Tactic:
.....

● Trigger 2:
.....

Disruption Tactic:
.....

● Trigger 3:
.....

Disruption Tactic:
.....

Other Triggers

Are there any visual, emotional, or random cues you've noticed that prompt the habit?

● Trigger 1:
.....

Disruption Tactic:
.....

● Trigger 2:
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Disruption Tactic:
.....

● Trigger 3:
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Disruption Tactic:
.....

BAD HABIT #3:

What are the triggers causing this behavior? Consider:

Time Triggers

Does the habit occur related to the clock, calendar, routine event, etc.?

● **Trigger 1:**

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Disruption Tactic:

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● **Trigger 2:**

.....

Disruption Tactic:

.....

● **Trigger 3:**

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Disruption Tactic:

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Location Triggers

Does a particular place or physical environment spark this habit?

● Trigger 1:
.....

Disruption Tactic:
.....

● Trigger 2:
.....

Disruption Tactic:
.....

● Trigger 3:
.....

Disruption Tactic:
.....

Social Triggers

Do specific people or situations socially influence the habit?

● Trigger 1:
.....

Disruption Tactic:
.....

● Trigger 2:
.....

Disruption Tactic:
.....

● Trigger 3:
.....

Disruption Tactic:
.....

Other Triggers

Are there any visual, emotional, or random cues you've noticed that prompt the habit?

● Trigger 1:
.....

Disruption Tactic:
.....

● Trigger 2:
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Disruption Tactic:
.....

● Trigger 3:
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Disruption Tactic:
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