

Breaking Bad Habits

This worksheet is to be used in conjunction with chapter 26 of The Happiness Trap (second edition). The questions are explained, and examples are provided within that chapter.

Choose a 'bad habit' you'd like to work on (any ineffective, problematic or self-defeating pattern of behaviour you do repeatedly) and write down your answers to each question.

What is the behaviour you wish to stop or reduce?

What are the triggers for this behaviour (situations, thoughts, feelings)?

What are the payoffs and costs of this behaviour?

Payoffs:	Costs:
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What's a good alternative behaviour, and why?

What unhooking skills are needed?

What or who can help?