

# Bad Habit Busting Worksheet

**Bad Habit:** \_\_\_\_\_

1. Why is this a bad habit? What is it costing you? Who is it hurting besides yourself? How? How has this habit served you? What rewards were you getting from it? What are you afraid will happen if you break this habit? What are you afraid you'll lose if you break this bad habit? What are your core values? What do you really want? How is doing this action inconsistent with who you are? your identity? with what you want and deserve from life? What will you gain if you break this habit? How will that make your life better?
2. What is the trigger for this habit? When do I do this habit? Where do I do it? Who else is around? What action preceded the urge? What was I thinking or feeling physically and emotionally right before I engaged in the bad habit?
3. Why do I do this habit? What is my reward? What do I get out of it? What three words come to mind when I think about why I just did this?
4. What strategy(ies) will I use to break this habit?
5. What obstacles will I encounter in breaking this bad habit? How can I make it harder for me to do my bad habit? What temptations can I remove or avoid?