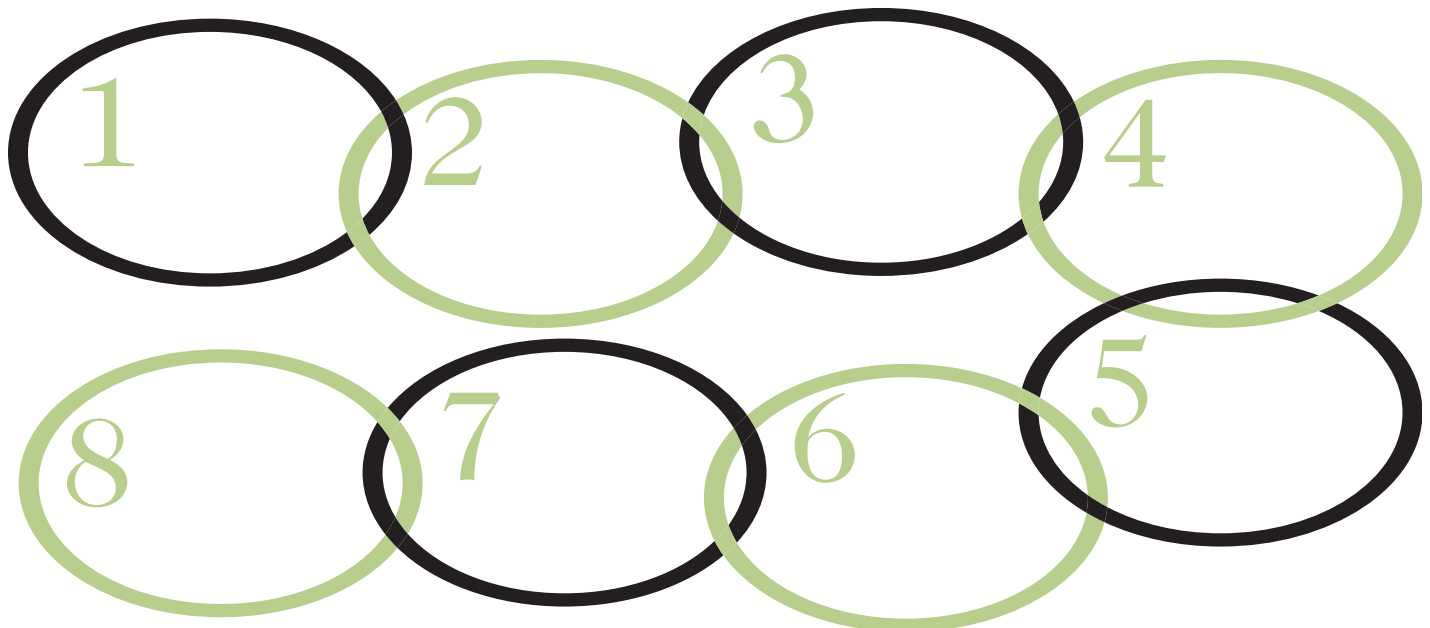


Breaking Bad Behaviors

Feel stuck in a rut, trapped by the same bad habits? Take a look at your own chain of behaviors... Often you have several chances to “break” the chain and create a different outcome.



Do you have a behavior chain that is creating problems for you? Use the diagram below to determine your own “links” in the chain, and then below suggest things you could do differently.



Consider this.... At what stages of the chain are you reaping a benefit to yourself by this behavior? At what stages of the chain is this behavior giving you negative results? Is it worth it to continue this behavior?

What are some ways that you could break the chain?