



Changing Any Habit: First Step

Here's a good place to start your habit change efforts. The example shown talks about eating issues but can be applied to any habit or pattern. From biting fingernails to procrastination.

It is very common to hear that we hate the "bad" habits we have. I'd like to suggest that, yes, there is a part of us that detests them but there is another part of us that absolutely adores them. How we eat is such a good example.

Uncontrolled eating, while producing undesirable results, is a love feast for our mouth when we are tucking into our 3rd piece of pie.

So there is something we like and don't like about our "bad" habits.

Conversely, there is something we like *and* don't like about the idea of healthy eating habits. We like the idea of the result it produces but we detest the idea of the discipline and work and attention and choices we'll have to make in order to change.

The chart below helps you sort all this out. In Box 1, list what you *like* about uncontrolled eating. Box 2, what you don't like. In Box 3, list what you like about the idea of eating for health, well-being, and fitness and in Box 4, what you *don't* like about the same idea.

For most people, it's Boxes 1 and 4 that are both the most challenging and the most enlightening.

Habit change is most often a struggle in varying degrees, and this exercise will clarify why. We all have to overcome our ambivalence toward changing and this chart spells out what might be at the root of that ambivalence. It's good to know, because it will help you explain why it's such a struggle to change.

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Eating What I Want When I Want

1. LIKE	2. DON'T LIKE

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Eating for Health, Well-being, & Fitness

3. LIKE	4. DON'T LIKE