

EXERCISE

Name a bad habit or obsessive thought pattern you've been unable to eliminate: _____ .

Now remember what happened to trigger that bad habit the last three times you fell off the wagon. (For example, "I'd had an argument with my mom," "I'd been working day and night for a month," "I was facing a performance review.")

Habit trigger No. 1: _____

Habit trigger No. 2: _____

Habit trigger No. 3: _____

Circle the "trigger" that is most likely to make you turn to your addiction or habit.