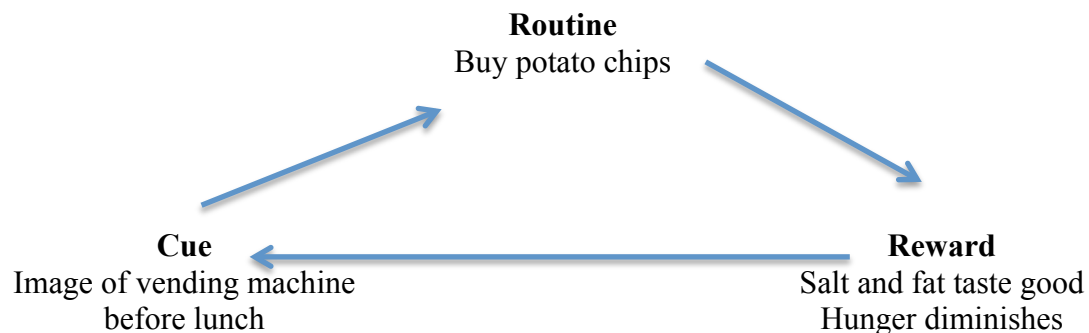


## Eliminating an unhelpful habit

Habits consist of a cue, a routine, and a reward, as in the figure below



This worksheet will help you to break a habit in two simple steps.

**Step 1** : identify the cue, routine, and reward. Here are some common ones.

<b>Cue (what and when)</b>	<b>Routine</b>	<b>Reward</b>
Bored at work, take a break	Eat a snack from vending machine	Boredom reduced
Feeling stressed	Eat high calorie food	Feel less stressed
Feeling lonely	Eat high calorie comfort food	Feel comforted
Food on plate or still available at meal time	Stuff self with food, eating everything on plate	Feel like did not waste food
Letting myself get to a state of extreme hunger	Eating fast food and high calorie food	Satisfy extreme hunger
Feeling low in energy	Eat something sweet	Boost in energy
Rushing to get out door to work	Skip breakfast	Save time
See snacks	“Graze” on snacks	Enjoy taste, boost of energy
Crave something sweet	Eat high calorie treat	Satisfy craving
See low fat label on package	Engage in nonhungry eating	Feel like ate healthily and responsibly.
Movie theatre	Eat snacks continuously	Some enjoyment whilst distracted
Restaurant with friends	Overeat, indulge	Socializing, enjoyment, feeling like doing something special
Drinking at bar	Grazing on chips and other junk food	Pleasure of high calorie food
Attend party	Be distracted, lose track of how much eating	Enjoy food mindlessly
Food in car or at desk	Eat distractedly	Enjoy food mindlessly

Now, Identify your unhelpful habit loops in the table below.

Cue (what and when)	Unhelpful Routine	Reward

**Step 2:** Modify some aspect of the loop

To break a habit, we have to modify some aspect of the loop.

**a. The cue.** Can you remove or modify the cue for the bad habit. For example, put unhealthy food out of site, or don't buy them in the first place. Or don't let yourself get to starvation levels of hunger.

**b. The reward.** Can you modify or eliminate the reward. Can you reward yourself for doing something other than the "away" routine

**C. the routine.** Can you modify the routine to get the same reward. For example, if you crave something sweet, can you eat yogurt or fruit instead of a donut? If you feel stressed, perhaps you can exercise or take a walk instead of eating high calorie food. Or perhaps when you need comfort, you can find ways to get it other than food.