

De-addiction essentials:

Any persistent bad habit (overeating, procrastination, gambling, etc.)



**BREAK
AWAY
FROM
BAD
HABITS!**



Denial

- Log every episode for 7 days (context, emotion, cost) and total the impact.
- Ask one trusted person for candid feedback and compare notes.



Acceptance

- Choose one measurable goal (e.g., cut episodes by X/week or replace with Y) and announce it.
- Make a small immediate change (first swap today) and record it publicly or to a buddy.



Awareness

- Identify top triggers and the short term reward the habit provides; write them down.
- Create two “if then” plans for the most frequent triggers (If X happens, then I will do Y).



Action

- Use a Pause → Replace → Reward routine: wait 10 min → do an alternate 5-10 min activity → give a small treat; track streaks.
- Enroll in a short coaching program, support group or therapy if the habit risks health/finance, and schedule weekly accountability check ins.

Progress note: pick one small solution and repeat it daily—consistency beats intensity