What does the habit do for me?

Work out what need the habit meets, and other ways to meet it.

Name _____ Date _____

Habits we want to drop are usually solving a problem. They calm us, reward us, fill time, numb something or help us fit in. If you take the habit away without another way of meeting the need, it comes back.

The habit

What it does for me	Is that true every time?	Other ways I could get the same thing
Helps me relax or switch off		
Takes the edge off difficult feelings		
Gives me a reward or treat		
Fills time or relieves boredom		
Helps me feel part of things		
Gives me a break or time to myself		
Something else:		

The need that matters most

The alternative I am most willing to try

When I tried it: how well did it meet the need (0 to 10)?

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