Ask the Six Questions to End Bad Habits

Download this worksheet at prescriptionswithoutpills.com.

**Precursors**
Two backwards-looking questions

- When I first started this habit, what did I like about it?
- From what unpleasant situation or feeling may I have been trying to flee?

**Cues**
The moment-before questions

- What cues and thoughts come up in the moment before my addictive action?
- How might I eliminate these cues or counter the thoughts?

**Goals**
The forward-looking questions

- If I look at my habit now in the best possible light, what is it meant to accomplish?
- What might be a better way to accomplish that goal?

**EXCESSIVE HABIT 1:**

What's pleasurable about it?

From what problem am I escaping?

What cues have been triggers?

How can I remove them?

Looking at the habit in the best possible light, what does it aim to accomplish?

What alternative would accomplish that goal without the costs?

**EXCESSIVE HABIT 2:**

What's pleasurable about it?

From what problem am I escaping?

What cues have been triggers?

How can I remove them?

Looking at the habit in the best possible light, what does it aim to accomplish?

What alternative would accomplish that goal without the costs?
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EXCESSIVE HABIT 3:
What’s pleasurable about it?
From what problem am I escaping?
What cues have been triggers?
How can I remove them?
Looking at the habit in the best possible light, what does it aim to accomplish?
What alternative would accomplish that goal without the costs?

EXCESSIVE HABIT 4:
What’s pleasurable about it?
From what problem am I escaping?
What cues have been triggers?
How can I remove them?
Looking at the habit in the best possible light, what does it aim to accomplish?
What alternative would accomplish that goal without the costs?

EXCESSIVE HABIT 5:
What’s pleasurable about it?
From what problem am I escaping?
What cues have been triggers?
How can I remove them?
Looking at the habit in the best possible light, what does it aim to accomplish?
What alternative would accomplish that goal without the costs?