

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?