

BABY STEPS TO HEALTH



Breaking Habits

Children and adults both have behaviors that may need adjusting. For children, it could often be disrespecting a parent or not completing chores. For an adult, it could often be over-eating or procrastinating with tasks. So what is a habit and how can habits be changed? As shown below, every habit has a trigger, a resultant behavior and then a reward.



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Robinson-Kyles Counseling and Testing Services

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Behavior Change

In order to change a behavior or a habit, these three components need to be identified (trigger, behavior, and reward). Once the reward is identified within the unhealthy habit loop, oftentimes a healthier habit loop can be easily introduced once it's understood that a similar reward will be gained. For example, if a child has learned the unhealthy habit of misbehaving in order to gain the reward of attention from their parent; the child can easily learn the healthy habit of simply asking their parent to play, if they gain that same reward of gaining sustained attention from their parent.

New habits are formed through routine, practice, reward and consistency.

Discipline Options to Consider

Structure and routine

Practicing new skills in advance

A reward system

Following through with consequences

Behavior Change Worksheet

Creating healthy habits is possible once you 1. Take the time to identify your unhealthy habits, 2. Identify the rewards you gain from those unhealthy habits, and 3. Create healthy replacement habits that will help you to gain those same rewards. Use this worksheet to list some unhealthy behaviors that you want to change. Practice the new behavior for at least a month to make it a habit!

Unhealthy Habit

Trigger (e.g. Midnight Craving)

Behavior (e.g. Eat Cake)

Reward (e.g. Sweet Taste)

New Healthy Habit

Trigger (e.g. Midnight Craving)

Behavior (e.g. Eat favorite fruit)

Reward (e.g. Sweet Taste)

Remember! "I can do all things through Christ that gives me strength!"

Philippians 4:13

~ This Baby Steps edition was compiled by Robinson Kyles Counseling and Testing Services. Please give us a call to serve your mental health needs.
We accept most insurances and offer sliding scale fees.
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