

# UNDERSTANDING YOUR HABITS

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## Directions:

First, think of a habit you'd like to control because it contributes to your problem. Then, write down how often you engage in this habit and the potential negative effects. Lastly, track how much time you spend on this habit for a week, and try to reduce the amount of time you spend on the habit each day.

### Your Bad Habit:

Habit you'd like to control: \_\_\_\_\_

How often do you engage in this habit? \_\_\_\_\_

What are the potential negative effects of this habit? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Tracking Your Bad Habit:

Day 1) Date: \_\_\_\_\_ How many hours did you engage in this habit today? \_\_\_\_\_

Day 2) Date : \_\_\_\_\_ How many hours did you engage in this habit today? \_\_\_\_\_

Day 3) Date: \_\_\_\_\_ How many hours did you engage in this habit today? \_\_\_\_\_

Day 4) Date: \_\_\_\_\_ How many hours did you engage in this habit today? \_\_\_\_\_

Day 5) Date : \_\_\_\_\_ How many hours did you engage in this habit today? \_\_\_\_\_

Day 6) Date : \_\_\_\_\_ How many hours did you engage in this habit today? \_\_\_\_\_

Day 7) Date : \_\_\_\_\_ How many hours did you engage in this habit today? \_\_\_\_\_

Total hours: \_\_\_\_\_