

Discovering the Why Behind Your Habits

Worksheet for Understanding and Shifting Your Patterns

Introduction:

Understanding the root cause of your habits is essential for creating lasting change. This worksheet will help you explore the underlying beliefs, emotions, and triggers that drive your behaviors. Take your time with each question and be honest with yourself.

1. Identifying Your Habit

- **What habit would you like to change or understand better?** *(Example: Procrastination, overeating, excessive screen time, negative self-talk, etc.)*

 - **How does this habit show up in your daily life?** *(Describe when and how this habit manifests.)*

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2. Understanding Your Habit's Triggers

- **What events or feelings tend to trigger this habit?** *(Think about the situations that lead to the habit.)*
 - Stress
 - Boredom
 - Loneliness
 - Fatigue
 - Anxiety
 - Other: _____
 - **Describe a recent time when this habit was triggered:**

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3. Emotional Connection to the Habit

- **How do you feel before, during, and after engaging in this habit?** *(Consider the emotions tied to the habit.)*
Before:

During:

After:

- **What do you think this habit provides you emotionally or mentally?**
(Does it serve as a coping mechanism, a way to avoid discomfort, a source of pleasure, etc.?)
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4. Beliefs and Thoughts Behind the Habit

- **What do you believe about yourself or the world that might be supporting this habit?**
(For example, "I'm not good enough," "I can't handle discomfort," or "I don't deserve success.")
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- **What thoughts run through your mind when you engage in this habit?**
(Be specific.)
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5. Evaluating the Habit's Impact

- **How does this habit serve you in the short-term?**
(What benefit do you get in the moment?)
 - **How does this habit affect your long-term goals or well-being?**
(Consider physical, mental, emotional, or financial impacts.)
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6. Exploring Alternative Choices

- **If you could change this habit, how would you like to feel instead?**
(For example: Calm, energized, confident, focused, etc.)

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- **What positive actions or habits could replace this one?**

(List at least 2-3 healthier alternatives.)

1. _____
 2. _____
 3. _____
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7. Commitment to Change

- **What small steps can you take today to move away from this habit?**

(Actionable steps to get started.)

1. _____
2. _____
3. _____

- **How will you hold yourself accountable to these steps?**

(Consider journaling, setting reminders, or involving a support person.)

Reflection:

- **What did you learn about yourself through this exercise?**

(Reflect on your insights.)
