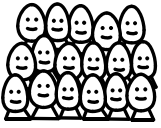


Breaking Bad Habits



Everybody has bad habits.

Breaking a bad habit is hard to do.



There are four steps that people do to break a bad habit.

1. Awareness - what is your bad habit?



You are aware of your bad habit.

You want to change your bad habit.

2. Self-monitoring - think about what you do



You pay attention to what you are doing.

You remind yourself that you can do it!

You think about where your hands are.

You stop yourself from doing your bad habit.

3. Feedback - are you doing a good job?



Feedback is someone telling you when you are doing a good job and when you are having trouble.

You can give yourself feedback. Other people can also give you feedback.

4. Reward



A reward is something special that you get for doing an awesome job paying attention to what you are doing.

Breaking a bad habit is hard work. Sometimes we do really well and sometimes we have trouble. You have to keep trying.