

Daily Routines

When we perform habits, it is as if we are operating on “autopilot”: the behaviour has been performed so many times that we skip intentional, decision-making processes that we normally employ in the execution of other behaviours. Take a moment to recall the usual routines associated with your drinking or using and write down the habits surrounding that use.

1. **Habit:**

2. **Habit:**

3. **Habit:**

We can inhibit habits by introducing small disruptions in these routines. When you introduce variations in your routine, it allows for a moment of pause and thought, which gives you more control over the situation and your actions. Think about the habits you jotted down in the previous section. Now think about ways you can introduce small disruptions into those habits you record them here.

1. **Small disruption for first habit:**

2. **Small disruption for second habit:**

3. **Small disruption for third habit:**