

Stopping Habits Monitoring

We discussed how important it is to be vigilant in monitoring yourself throughout the day so that you are aware of when you are about to step into some habit. Research continues to show – time and time again – that for a wide range of behaviours, monitoring on paper or electronically helps people be more successful in making changes.

Learning doesn't just happen in group. It requires applying these fledgling skills in real situations that occur in your day-to-day life. Spending a few moments reflecting on what worked, what didn't, why not, and what you might do differently next time will help cement your learning so that you can build on it next time. Below are examples of what monitoring might look like.

Brief description of behaviour you tried to stop and the situation.	Strategies used: Thinking “stop” or “no way” or another phrase Being watched for any missteps Monitoring what I'm doing Distracting myself Leaving the situation Replacing the habit cue Other strategies Did not do anything	How successful were you? (using a scale of 1-5, where 1 is not at all successful and 5 is successful)
Example: Usually I go to the bar after work on a Friday with the guys from work. Today I said no to the guys and that I was going to work out instead.	Didn't put myself in the situation.	4. I was successful, but it was hard to say no to them.
Example: Opened the cabinet and saw the wineglasses and thought, “why not? I've been doing really well lately. One won't hurt.”	Thought “I'm not doing that. No way. Just turn and walk away. This kind of stupid thinking got me into this mess.”	5. It seemed pretty easy; I was surprised.

(continued)

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Instructions: Make entries on this worksheet every time you notice the urge to drink or use. Were you able to tell yourself to stop? What others strategies did you utilise? Try to make these entries within 15minues of the situation occurring.

At the end of the week, look back over all your worksheets. You may begin to observe that in different situations, certain strategies worked better than others.

DAY _____

DATE _____

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