

WORKSHEET

PERSONAL HABIT

These increase mindfulness, awareness and watchfulness.

1. Describe your habit as you usually think about it.
(Do you simply refer to your habit as an unchaste "fall"?)

2. Re-write your habit – in honest words – what are you really doing and what is the effect of that behavior.

3. Write how your unchaste habits contradict your values and why.

4. Write what you truly desire and hope to change.

5. Record cues/triggers for your habit (mood, beliefs, stimuli).

(Continue on back)

6. Routine: Write the steps of your habit.

7. Reinforcement: Record the positive and negative rewards of your habit.
Positive: *(Get what you want)*

8. Negative: *(Avoid what you don't want)*

9. Write the modifications you have created for your new habit:

10. Devise strategies for craving control.

11. Write your plan for relapse prevention.

Pastoral Interventions for Habit Change

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WE KNOW	WE CAN
<ul style="list-style-type: none"> ▪ Willpower can be augmented and boosted. 	<ul style="list-style-type: none"> ▪ Encourage trying, small gains, positive self talk and attitudes, prayer, healthy habits, and self-care.
<ul style="list-style-type: none"> ▪ Willpower – Won't Power – Want Power and reason necessary for change. 	<ul style="list-style-type: none"> ▪ Develop a desire for change and virtue – spiritual reasons are most powerful.
<ul style="list-style-type: none"> ▪ Habits fly under cognitive radar. 	<ul style="list-style-type: none"> ▪ Encourage mindfulness, watchfulness when habits occur. Notice, track and examine habits.
<ul style="list-style-type: none"> ▪ Habits are triggered by cues. 	<ul style="list-style-type: none"> ▪ Encourage naming cues, detoxing one's environment, moving away from cues.
<ul style="list-style-type: none"> ▪ Cues indicate a desire for something. 	<ul style="list-style-type: none"> ▪ Help determine real needs and differentiate from mere mood elevation.
<ul style="list-style-type: none"> ▪ Routines are behavioral chains that move us toward an outcome. 	<ul style="list-style-type: none"> ▪ Help examine steps in our routine sequence and delete or substitute alternate actions.
<ul style="list-style-type: none"> ▪ Habits are created and continue because of rewards. 	<ul style="list-style-type: none"> ▪ Help avoid immediate rewards with long-term negative outcomes. Help seek holy, healthy rewards, avoiding punitive self-behavior.
<ul style="list-style-type: none"> ▪ Cravings are elevations in dopamine levels in anticipation of a behavior. 	<ul style="list-style-type: none"> ▪ Help see cravings as physiological phenomena which dissipate. Teach ways to handle a craving.
<ul style="list-style-type: none"> ▪ Thoughts can become distorted and enable our bad habits. 	<ul style="list-style-type: none"> ▪ Encourage revealing self-talk to another, examining it – being aware of “permission beliefs” and shame.
<ul style="list-style-type: none"> ▪ Relapse happens 	<ul style="list-style-type: none"> ▪ Encourage a return to establishing the new habits, dismissing discouragement or powerlessness.
<ul style="list-style-type: none"> ▪ We need assistance changing habits. 	<ul style="list-style-type: none"> ▪ Reach out to a trusted accountability partner, or seek group social support.
<ul style="list-style-type: none"> ▪ Can't do this alone. 	<ul style="list-style-type: none"> ▪ Remind—That God's help is more powerful than any habit, encourage fortitude and patience.