

## 3D Approach to altering habits

### Delay • Distract • Decide

Do you have any unhealthy or unconstructive habits you would like to shake? Use this resource to firstly make these habits more visible and secondly to deal with them in a constructive way. Complete the form for each habit you would like to monitor or alter, then review it regularly.

**Delay** the decision to give in to, or follow through with the habit. Set a specific time to delay. E.g. 2, 5, 10, 30 minutes etc.

*I will delay for \_\_\_\_\_ minutes*

**Distract** yourself by doing something that occupies ALL of your body or mind e.g. exercising, creating a weekly exercise or eating plan, writing in a journal, preparing a healthy meal etc. Avoid things like watching TV or other passive activities that still allow your thoughts to wander.

*Record what you could do to distract yourself during your delay time:*

**Decide** how to proceed after your set **delay** time is over.

You can help yourself to make a positive decision by reminding yourself of all of the...

- *Advantages of not giving in to the habit:*
  
- *Disadvantages of giving in to the habit:*
  
- *Reasons I want to stop or alter this habit:*
  
- *Goals I have in place that this habit will negatively affect:*

NOTE: Don't be too tough on yourself if you do decide to go ahead with your habitual behaviour, action or thinking. The fact that you have thought about it is still great progress. Try to go a little further next time.