

## **HABITS**

- WHAT ARE 10 OF YOUR HABITS? DO YOU CONSIDER THEM POSITIVE OR NEGATIVE? HOW DID YOU ACQUIRE EACH OF THEM? HOW DO YOU BENEFIT FROM EACH OF THEM?
- WHAT ARE YOUR MOST COMPULSIVE HABITS?
- HOW GOOD ARE YOU AT INHIBITING AND CONTROLLING YOUR UNDESIRABLE BEHAVIORS?
- DO YOU STRUGGLE TO BREAK HABITS YOU WANT TO ELIMINATE?
- WHAT IS A SELF-DESTRUCTIVE HABIT YOU FEEL YOU NEED TO CHANGE OR ELIMINATE?
- WHAT IS A HABIT YOU HAVE ALREADY BROKEN? HOW DID YOU DO IT?
- WHAT IS A HABIT YOU HAVE RECENTLY BROKEN? HOW DID YOU DO IT?
- WHAT ADDICTIONS ARE HINDERING YOUR PROGRESS?
- WHAT OLD PATTERNS WOULD IT SERVE YOU TO LET GO OF?
- DO YOU SMOKE? WHY DO YOU BELIEVE MOST PEOPLE SMOKE?
- WHAT HAVE BEEN YOUR OR THOSE CLOSE TO YOU'S DRUG EXPERIENCES?
- WHAT HAVE BEEN YOUR OR THOSE CLOSE TO YOU'S ALCOHOL EXPERIENCES?
- WHAT IS THE BEST WAY TO DEAL WITH A HABIT YOU WANT TO CHANGE?
- WHAT HABIT DO YOU WANT TO GIVE UP BECAUSE IT HAS OUTLIVED IT'S USEFULNESS?
- HOW GOOD ARE YOU AT SPOTTING OLD HABITS WHEN THEY CREEP BACK INTO YOUR LIFE?
- DO YOU TRY TO REPLACE BAD HABITS WITH GOOD ONES?
- WHAT DO YOU CONSIDER A BAD HABIT YOU WILL NEVER GET INTO?
- WHICH OF THESE NERVOUS HABITS DO YOU HAVE?- CHEWING GUM?, BLINKING EYES?, PACING?, PLAYING WITH HAIR?, DOODLING?, SMOKING?, EATING COMPULSIVELY?, NERVOUS LAUGH?, CHEWING ON PEN CAP?, SHIFTING POSITION?, BITING NAILS?, TAPPING ON FURNITURE?, CHECKING TIME?, TALKING QUICKLY?, SWINGING LEG?, CLICKING PEN?, PLAYING WITH JEWELRY?
- WHICH OF THESE HABITS DO YOU HAVE?- OVERSPENDING?, TAKING SLEEPING PILLS?, OVER-EATING?, SLEEPING TOO MUCH?, NOT SLEEPING ENOUGH?, KLEPTOMANIAC?, AVOIDANCE OF REALITY?, EATING DISORDERS?, ABUSING DRUGS- LEGAL OR ILLEGAL?, NO EXERCISE?
- WOULD YOU DESCRIBE YOURSELF AS MORE A CREATURE OF HABIT OR OF FREE WILL?
- WHICH OR THESE ROLES DO YOU TEND TO PLAY?, WHICH ONES REALLY ANNOY YOU IN OTHER PEOPLE?- JOKER?, SPOILED BRAT?, TEASER?, INNOCENT ONE?, KNOW-IT-ALL?, BRAGGER?,