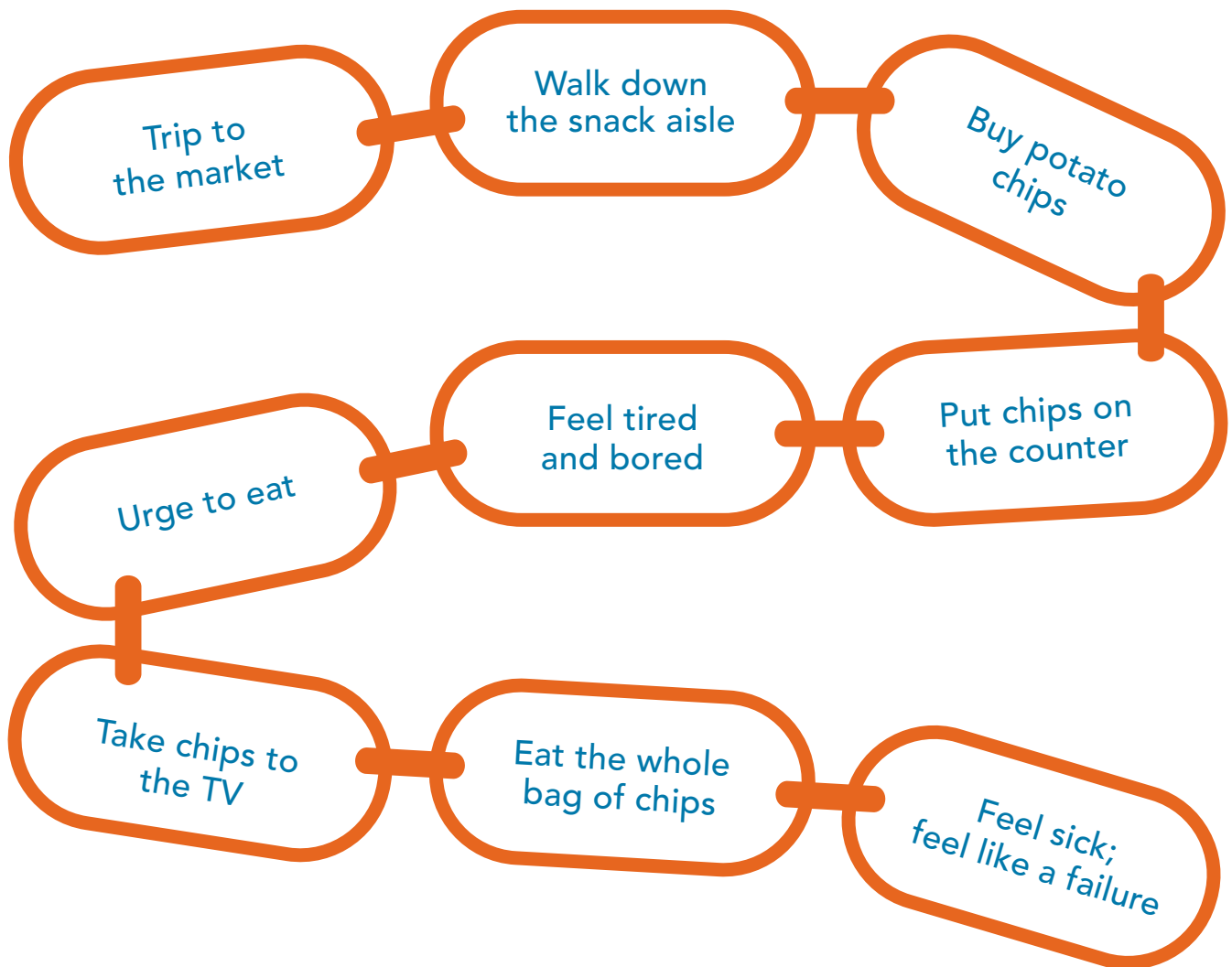


Chain of Events

Habits are behaviors that you do with little plan or thought. This can make it seem like they are out of your control, but you have the power to replace old habits and create new ones. Through repeated efforts to start a new behavior, you can change your chain of events.

Look at the chain below. Think of different ways this person could create different shopping habits in the future.

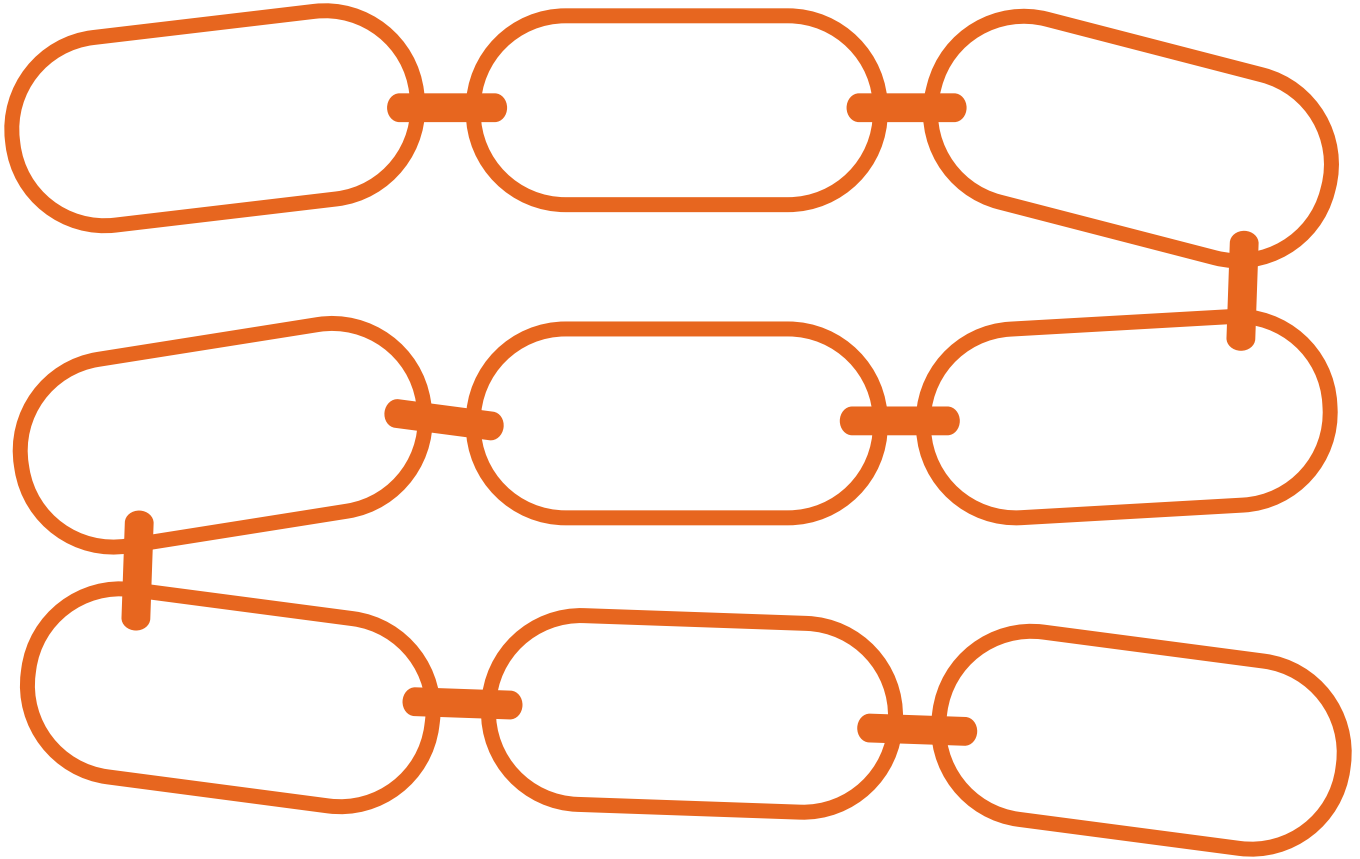


LINK

LINK-BREAKING STRATEGIES

| | |
|--------------------------------|---|
| Trip to the market | <ul style="list-style-type: none"> • Take a list. • Shop when you are not hungry. • Shop with another person. • Ask your partner to do the shopping. |
| Walk down the snack aisle | <ul style="list-style-type: none"> • Shop from your list. • Concentrate on where the fresh food is located. |
| Buy potato chips | <ul style="list-style-type: none"> • Shop from your list. • Consider healthy snack options. |
| Put chips on the counter | <ul style="list-style-type: none"> • Store goodies in opaque containers. • Store goodies in hard to reach places. |
| Feel tired and bored | <ul style="list-style-type: none"> • Rest. • Take a walk. • Stretch. • Check list of things you enjoy and do something. |
| Urge to eat | <ul style="list-style-type: none"> • Check for physical hunger. • Have healthy snacks available. • Get busy. • Focus on something you need to do. • Drink water. |
| Take chips to the TV | <ul style="list-style-type: none"> • Snack only in the kitchen. • Do one thing at a time—either eat or watch TV. |
| Eat the whole bag of chips | <ul style="list-style-type: none"> • Take a measured portion of food to eat. • Eat slowly and deliberately. |
| Feel sick; feel like a failure | <ul style="list-style-type: none"> • Be kind to yourself—support yourself. • Avoid “shoulds” and “all-or-nothing” thinking. • Acknowledge your mistake and learn from it. • Don’t wallow—take action. Go for a walk, call a friend, plan something you will enjoy doing. • This is a process—you will develop skills to handle this situation next time. |

Think about a habit of your own. Explore each action, or link, that leads to the behavior you would like to strengthen or change. Work forward or backward to uncover all the links and brainstorm ways to create the chain you want.



Current Link

Link to New Behavior Chain

| Current Link | Link to New Behavior Chain |
|--------------|----------------------------|
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