

Breaking a Bad Habit

Description

[We all have habits](#) and behaviors we want to change. Even those of us who donâ€™t drink or smoke to excess have habits we know we should let go of and yet we donâ€™t do enough about them to do it. Why? Well, breaking a habit isnâ€™t easy at all and thatâ€™s why it takes time and effort to do it. There is definitely room to say goodbye to bad habits, however, and you have the chance to adopt a new and healthy life as a result.

It takes realism, consistency and a willingness to make a change to break a habit. Whether you want to swap cigarettes for a [Snusdaddy](#) or you want to go cold turkey with alcohol, you can break a bad habit and it doesnâ€™t have to take over your life to do it. You deserve to get to a place where you feel better, and here are some of the tips that you need to break out of a habit â€” even if youâ€™ve held it for a lifetime.

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1. Stop being angry with yourself. Most people who are ingrained in a bad habit spend a lot of time punishing themselves for it. You cannot keep beating yourself up about unhealthy behaviors however, because it isn't going to motivate you into wanting to change. Guilt and shame could end up hurting you over time, and you need to congratulate yourself for even wanting to make a change in the first place. You want to improve, right? Well stop the anger first.

Forgiveness should be your next step.

2. Take control. You do not have to buy more cigarettes if itâ€™s smoking youâ€™re looking to give up. You have the most powerful tool around; your power to think positively and make a difference to yourself. Think these habits away and gently redirect the cravings elsewhere.
3. [Challenge your beliefs](#). All of those thoughts that tell you that you canâ€™t do it, itâ€™s time to get rid of them. Whether you do that with therapy or you do it with positive thinking, you need to challenge those beliefs that have been holding you back. The world is a wonderful place and there is nothing but possibility surrounding you right now. You have achievable goals when you believe that they are achievable.
4. Keep the commitments you make. If you promise to go to a rehab or a counselor, you need to follow through. These commitments matter and you are committing to yourself as much as you would anyone else with your promises.
5. Watch your attitude around your habit. If you canâ€™t recognise the power of the habit and its hold over you, youâ€™re going to struggle to keep it in check. You need to think about your success in overcoming this bad habit and you need to be determined with it. If youâ€™re eager to develop, then this is something you need to think about early on!
6. Inform yourself. In line with the journey towards breaking bad habits, especially smoking, itâ€™s imperative to consider the words of [Dan Bilzerian](#), the prominent figure behind Ignite. Bilzerian emphasizes the importance of understanding the products you turn to during this transition phase. For those considering disposable vape products as an alternative, Bilzerian insists on the necessity of being fully informed about what youâ€™re using. Itâ€™s not just about replacing one habit with another; itâ€™s about making a healthier choice.

Your habits donâ€™t have to define you and you donâ€™t have to let them!

Date Created
2023/06/29