

You Are More Than Your Bad Habits!

Description

Summer is well and truly here (unless you live in Australia- where it's still pretty balmy). For most of us, the urge to be the best version of ourselves is at its strongest at this time of year. We feel a sincere desire to get outside, be more social, take our kids on more days out and exercise a whole lot more. Sure, they say that [summer bodies are made in the winter](#), but the great thing about fitness is that it's never too early or too late to start making positive changes. But despite this overarching air of positivity and pro-activity, many of us still find ourselves faltering. It's not because we're lazy, indolent or flighty. It's not because we don't care or we don't want it bad enough. And despite what we may tell ourselves it's not because we're too busy and can't find the time (you can always make the time, even if it means getting up an hour earlier). It's because however noble our intentions, it's all too easy to let our habits dictate our behavior.



[Image Credit](#)

We tend to underestimate the impact that habit can have on us, but as we will discuss, habit may seem innocuous enough but it can exert a powerful hold over us!

Why habit has a hold on us

John Dryden said that "First we make our habits, then our habits make us". Argue with that if you can. We tend to shrug habits off as semi voluntary procedures that we choose to go through. But this massively understates just how powerful and damaging an effect our habits can have on us. We may tell ourselves that we're in control of our habits or that we can give them up any time we want, but the [neuroscience of habits says otherwise](#). Bad habits needn't be limited to smoking, [eating too](#)

[much bad food](#) or drinking too much. Sometimes they can be much more quotidian but no less damaging. Every time you shrug to yourself “such a procrastinator”, “I deserve this little treat” or “one more won’t hurt”, or worse still convincing yourself that you’re stupid or worthless, you’re letting your habits dictate your behavior.

Addiction is not a bad word

Habits and addiction go hand in hand. Habits facilitate addiction and once addiction takes a hold of us, it can be difficult to break that hold. The first step is to admit that your habit has become a problem. Get out of the habit of telling yourself you like the taste of cigarettes or that you *need* four coffees to function in the morning. Addiction does not make you weak, not does it make you deviant or wayward. It simply means that you have a functioning human brain that’s reacting to stimuli. [Treating addiction](#) might need relying on outside help, whether it’s through trained professionals or enlisting the aid of friends and family. The good news is that bad habits can be broken.

Consistency is key!

Breaking bad habits is simply a matter of consistency. Replace bad behaviors with good behaviors and repeat them until they become habit. The neurological process is exactly the same. Don’t beat yourself up about it if you fleetingly fall off the wagon, but resolve to get back on it as quickly as you can.

Remember, you are more than just your bad habits. Have a great day!

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