

INTRODUCTION



Everyone has bad habits. Some of these are obvious such as smoking, drinking too much alcohol, eating junk food and so on. But there are some bad habits that you have formed over the years that you may not even realize are causing you harm.

Some bad habits can prevent you from getting what you really want in your life. If you procrastinate a lot then this can really hold you back for example. Maybe you have some bad habits which are limiting your social skills or preventing you from getting that promotion at work that you desire.

In this powerful report we will show you how you can identify your bad habits and then give you 5 proven ways to get rid of your bad habits for good. It will take time, effort and determination on your part to eradicate your bad habits but you can do it. It will truly set you free.

What are your Bad Habits?

If you don't know what all of your bad habits are (it is likely that you will know some of them) then the best way to identify them is to ask yourself what they are. You may think that this sounds too simple to be effective but it really does work.

Your habits are stored in your subconscious mind. If you want to know what is going on in your subconscious then the most effective way of doing this is to ask yourself the right questions. Your subconscious will be compelled to answer these questions for you.

So get yourself a pen and paper and go to an area where you will not face any distractions. If the TV is on then turn it off. Put your phone into silent mode so that you are not totally out of contact with the world. This is the most important question to ask yourself:

“What are my bad habits?”

Surely it is not that simple? Yes it is! You need to be committed to want to identify your bad habits. That is all your subconscious mind needs to provide you with the answers. Don't do this in a half hearted manner as you will not get the answers. You need to be determined to identify your bad habits so that you can break them.

It doesn't matter what answers you receive, write them all down. If you have a long list of bad habits then don't worry you can break them all. Not receiving answers to the question is more concerning. Just focus on the question and keep asking yourself. Something will definitely turn up!

The Process of Eliminating Bad Habits

Every person has a number of bad habits and good habits. You are more likely to know what most of your bad habits are as opposed to your good habits. If you followed our advice in the last section then you should have identified your bad habits.

So what do you do now?

There are many people that admit that they want to stop all of their bad habits but the problem is they don't really know how to go about this in the most effective way. They try different methods and find it to be a real struggle to rid themselves of their bad habits. If they make any progress it doesn't last long and the bad habit returns.

The first step to ridding yourself of a bad habit is to know what a habit really is. In the most simple terms, a habit is a behavior routine that you repeat often that is triggered in your subconscious mind.

Because your bad habits (and good ones) are rooted in your subconscious it makes it difficult for you to identify them. This is why the questioning technique for identifying your bad habits is so powerful.

You are the sum total of your habits good and bad. To really eliminate your bad habits it is necessary for you to have some insight into how they originated. This is not as difficult as it may seem.

The formation of any habit is a process. There are 4 parts to the habit formation process which are:

1. The trigger
2. The craving
3. The response
4. The reward

When you are able to break down your habits into these four parts it becomes a lot easier for you to understand how habits work. In turn this provides you with a way to break a habit. The psychologists call this 4 step process the "habit loop". It makes sense doesn't it – something triggers your habit and then you have a craving to indulge in it.

The craving for the habit is so strong that it elicits a response from you which is a behavior or action. While you are indulging in this behavior you will send pleasure signals to your brain which will reinforce the habit.

Here is an example. You have had a stressful afternoon at work. This triggers the craving for a drink. Instead of going home after work you go to the bar just down the street where everyone knows you. You spend all night in the bar which sends pleasure signals to your brain.

The 4 elements in the habit formation process form a neurological loop which enables you to create new habits and put them on autopilot. As soon as the habit is triggered you will follow the routine automatically. It is not really automatic, but because it happens so fast it certainly feels like it is. The good news is that there are a number of effective ways that you can eliminate the bad habits from your life. Some of these are going to be more effective for you than others. This is because we are all different and have certain inclinations and unique circumstances.

So let's take a look at the five most common ways of eliminating bad habits:

COLD TURKEY



This is a classic way of eliminating a bad habit that has been around for a very long time. It is probably the hardest method out there and takes an incredible amount of willpower. A lot of people that experience a certain amount of success with the cold turkey method report that the bad habit returns after a while.

What is cold turkey?

Well it means that you just decide to stop the bad habit from this point forward. So if you smoke cigarettes you can just stop smoking them. Cold turkey is used a lot to wean people off of a hard drug addiction. You may have seen documentaries on TV about this. It can be a very tough road to shake off an addiction.

Eliminating bad habits using any method is not going to be easy. The reason is because all of our habits are deeply ingrained within us. Bad habits often trigger repeats and when this happens the old bad behavior quickly comes to the surface.

Unfortunately it is this triggering that makes cold turkey the most ineffective of the methods that we will share with you in this report. If you go cold turkey and you are unable to sustain the breaking of your bad habit then this can leave you feeling resentful and that you wasted your time.

This can be a crushing blow for your self esteem. You tried and you failed. It wasn't possible for you to pull it off. You do not have the resolve or the stomach for a fight like this. Can you see how this can happen?

That doesn't mean that cold turkey never works though. A lot of people have quit smoking and other bad habits using cold turkey. They had to endure a lot of pain and anguish to achieve this but the reward for giving up smoking was so great for them that they pulled it off.

Breaking a bad habit with the cold turkey approach is very good for you as a person. It demonstrates that once you put your mind to something you are going to follow through with it. This sends powerful signals to your subconscious mind which will help you to persevere with other tough challenges in the future.