

Definition of habits

1. Habits—patterns of acting, thinking, feeling
  - Are repeated until automatic
  - 90% of our behavior habitual

Why we have habits

2. Hab. are Survival Techniques
  - Can do one thing while think of something else (ex. talk while drive a car)
  - Helps us adapt to change
  - Calms body—reduce stress, just act automatically
  - 1st Hab.—eating to feel good, not just for hunger

Some effects of habits

Why practice important

3. Hab. in School
  - From practice (ex. doing times tables in math)
  - Athletics—form bad hab. in sports if don't practice right or enough

Why habits hard to break

4. Hard to Break Hab.
  - Need to unlearn—brain cells have to be programmed for new behavior
  - This is why **neg.** hab. hard to overcome (ex. smoking, overeating, biting nails)
  - Fears—Neg. hab. (ex. heights, animals—snakes)

Types of bad habits