

The Easiest Way to Overcome Bad Habits

Posted by the.guard - 22 Nov 2010 18:14

The Easiest Way to Overcome Bad Habits

From "Michael Hyatt's Blog"

Do you have a bad habit you'd like to overcome? If so, you are not alone. Millions of people want to quit smoking, stop eating junk food, or give up their sedentary lifestyle.

But attacking the problem head-on may not be the answer.

The pin oak tree (*quercus palustris* for you budding dendrologists) provides a fitting metaphor. One feature of this tree is that it retains its leaves during the winter months. Though the leaves die in the fall, they remain attached to the oak's branches until the new leaves appear in the spring and push the old ones off the branch.

You could, of course, remove these leaves by hand. But that is a time-consuming and pointless exercise. The leaves will come off on their own when the new growth appear in the spring.

Bad habits are similar. You can focus your attention on eliminating them. Or, you can focus on developing positive habits. As you do so, you will naturally-and more easily-remove the bad habits. Psychologists refer to this as sublimation.

For example, you could focus on:

- * Eating tasty, fresh vegetables instead of eliminating junk food.
- * Drinking eight glasses of water a day instead of cutting down on your coffee intake.
- * Complimenting your spouse instead of breaking your pattern of arguing.

- * Reading more books instead of cutting down the time you spend surfing the Internet.
- * Praying for what you need instead of worrying about what you don't want.
- * Intentional relaxing rather than smoking.
- * Taking up hiking rather than changing your sedentary lifestyle.

You get the idea.

The main point is to focus on building a good habit rather than eliminating a bad one.

How can we apply this to our internet addiction? Share with us your ideas on this thread.

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Re: The Easiest Way to Overcome Bad Habits
Posted by thiagofuznav - 21 Dec 2010 15:58

Thats great!

You posted really good tips, I'll use the tips and tell a friend who is addicted.

thanks

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Re: The Easiest Way to Overcome Bad Habits
Posted by 2nd-chance - 26 Dec 2010 16:21

Never Give up?

you sound as if you need to tell a friend to make use this smart tip.

Are you in control, or you don't realize the definition of "addict"?

sorry no offense

your friend @ GYE

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Re: The Easiest Way to Overcome Bad Habits
Posted by desperate_teddybear - 26 Dec 2010 16:30

key to breaking a habit is not to do it, no matter what...if u conciously notice ur doing habit, u must stop that second, the moment ur concious brain acknowledges the act is being committed, even by distracting urself in a crazy manner.

i stopped sucking by thumb, biting my nails, and cracking my fingers like this

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Re: The Easiest Way to Overcome Bad Habits
Posted by 2nd-chance - 26 Dec 2010 16:33

he said 'ill make use of tips AND tell a friend'
Your right TBear

Sorry NGU

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Re: The Easiest Way to Overcome Bad Habits
Posted by 2nd-chance - 26 Dec 2010 22:02

OTR: Your words are the dreadful truth that i am still in denial. As if i am expecting to get rid of it

virtually.

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Re: The Easiest Way to Overcome Bad Habits
Posted by desperate_teddybear - 27 Dec 2010 02:47

nu maybe you can get rid of it virtually. this forum has helped me tremendously, as well as popping in occasionally 4 the 12-step.

different strokes 4 different folks

KOT, awesome jew.

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Re: The Easiest Way to Overcome Bad Habits
Posted by 2nd-chance - 27 Dec 2010 16:55

I was here a long time ago

it did help to explain the situation and slowed the habit

but far from rid

and at times totally out of control.

killing my family job and life

if it works for you 2chance, why not right? hey u know urself best
HELP HASHEM PLEASE NOW

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Re: The Easiest Way to Overcome Bad Habits
Posted by desperate_teddybear - 27 Dec 2010 17:06

[2ndChance wrote on 27 Dec 2010 16:55:](#)

I was here a long time ago

it did help to explain the situation and slowed the habit

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and at times totally out of control.

killing my family job and life

HELP HASHEM PLEASE NOW

12-step call? have u tried?

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Re: The Easiest Way to Overcome Bad Habits
Posted by 2nd-chance - 27 Dec 2010 21:43

[d_teddybear wrote on 27 Dec 2010 17:06:](#)

12-step call? have u tried?

No where do i get to it bro?

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Re: The Easiest Way to Overcome Bad Habits
Posted by desperate_teddybear - 28 Dec 2010 15:57

i listen in to duvid chaim's:

www.guardyoureyes.org/?page_id=678

it's just my daily chizuk that reminds me to keep my head on straight. it's great. might as well try, no?

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