

Addiction vs Habits

Posted by mystory - 09 Oct 2017 05:39

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What is the difference between a habit and an Addiction?

In the Succot addition of Mishphica Magazine. In the Family first Section,  
their is an article on Breaking Habbits. Where they say it takes 30 days to change a habbit.  
They then had 5 or so women try to change a habbit and to journalize the progress.  
So what do you think if this study?

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Re: Addiction vs Habits

Posted by bgit - 10 Oct 2017 01:45

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As a disclaimer, I haven't seen the article that you mentioned. Imo though, it's going to be impossible to give a exact number when the addiction stops. It's clearly going to depend on a million other factors, such as length of the behavior, type of behavior, psychological makeup of person, stressors etc. I'm not even sure what that means to "break" a habit/ addiction. There's no switch in a person that goes off after a predetermined amount of time. It might get easier gradually but it's a far cry from saying that the habit is changed. All that these studies can say is that in this specific setting of the story, this is what occurred, but I'm a little skeptical that these can be generalized. These numbers are nice for setting goals though and might indicate good amounts to try and strive for.

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