To change habits you need to know how they work.

The Habit Mapper is a simple tool that will help you understand how your brain works, so you can work with it to change your behavior and break bad habits.

All habits have three elements: a TRIGGER, a BEHAVIOR, and a RESULT.

1. The TRIGGER is what starts the habit. It can be something you see or a place you visit, or just a thought, emotion, or physical sensation.

2. The BEHAVIOR is the habit itself. It could be a physical behavior like biting your nails or too much time on social media. It can also be a mental behavior like worrying or self-judgement.

3. The RESULT is how you feel after the behavior. In the short term, this might feel good, but in the long term, not as much.

For example, imagine you have a habit of eating too many cookies or potato chips:

**TRIGGERS**

Emotions/Sensations:
- Stressed out after long day
- Feel restless or hungry after a meal

Situations:
- See package on counter
- No healthy food in house

**BEHAVIOR**

Eating a whole bag of chips or cookies.

**RESULTS**

In the moment:
- Feel less hungry
- Salt / sugar makes you feel good

Over time:
- Feel less in control
- May contribute to unhealthy weight gain

Learn more at DrJud.com

To begin mapping your habits fill in the loops on the next page
By breaking down your habit into its three parts, you can begin to recognize how the habit starts, and how unrewarding and unhelpful it is for you. This is “new information” for your brain, and is the most important step in breaking bad habits.

Let’s get started!

**BEHAVIOR**
Describe what you want to change.

________________________
________________________
________________________

**TRIGGERS**
Is it a thought, an emotion, or a smell?

________________________
________________________
________________________

**RESULTS**
Ask yourself “What do I get from this?”

________________________
________________________
________________________

Print this out and post it someplace you can see it every day to give your brain the feedback it needs to kick your habit for good.
Now that you know how to map a habit by breaking it down into its three parts, you can apply this technique to other bad habits or unwanted behaviors. Try it out below.

Print this out and keep it with you. See how many habit loops you can identify and map throughout the day.