

The Habit Mapper

from Dr. Jud

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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

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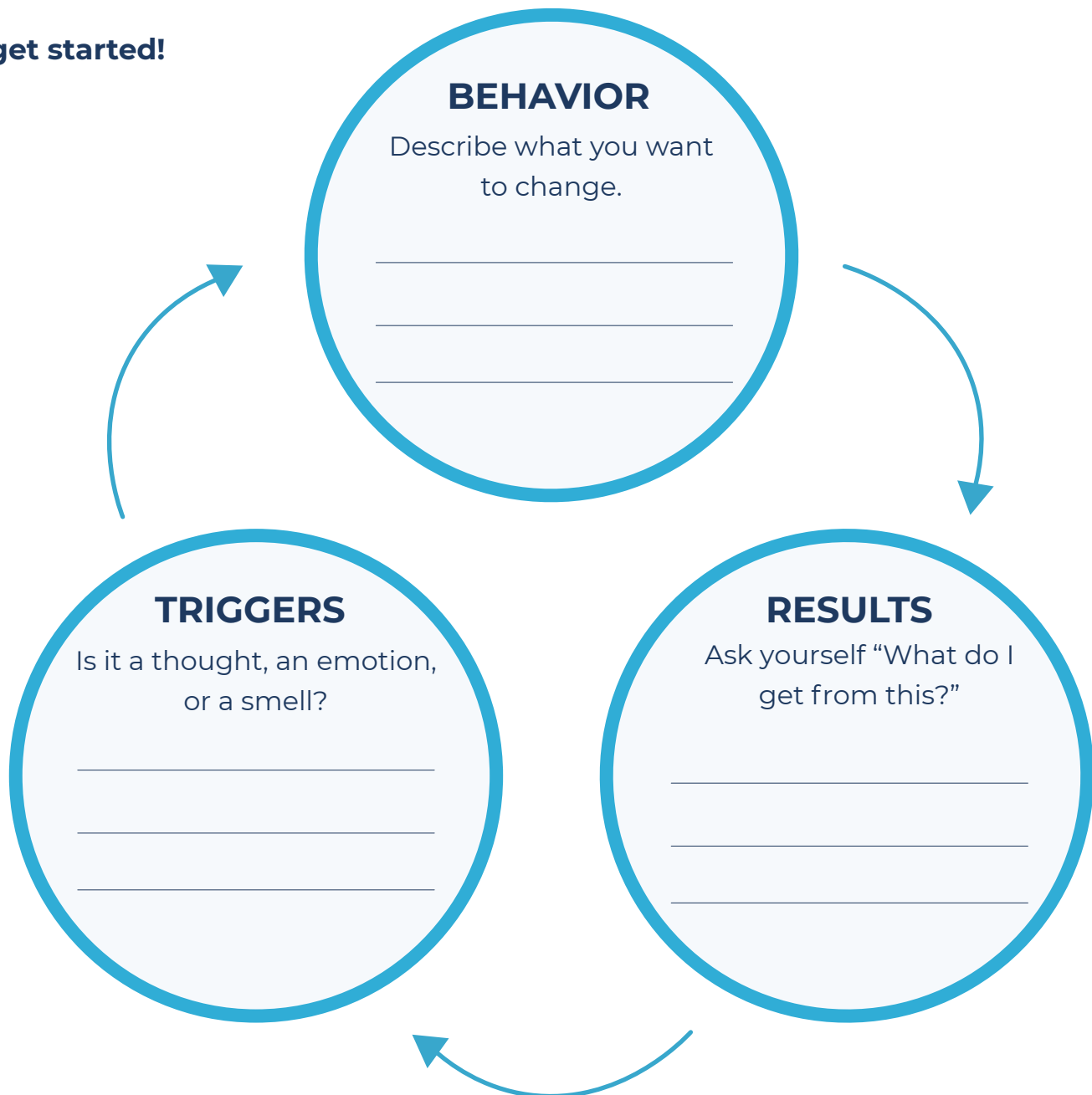
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By breaking down your habit into its three parts, you can begin to recognize how the habit starts, and how unrewarding and unhelpful it is for you. This is “new information” for your brain, and is the most important step in breaking bad habits.

Let's get started!

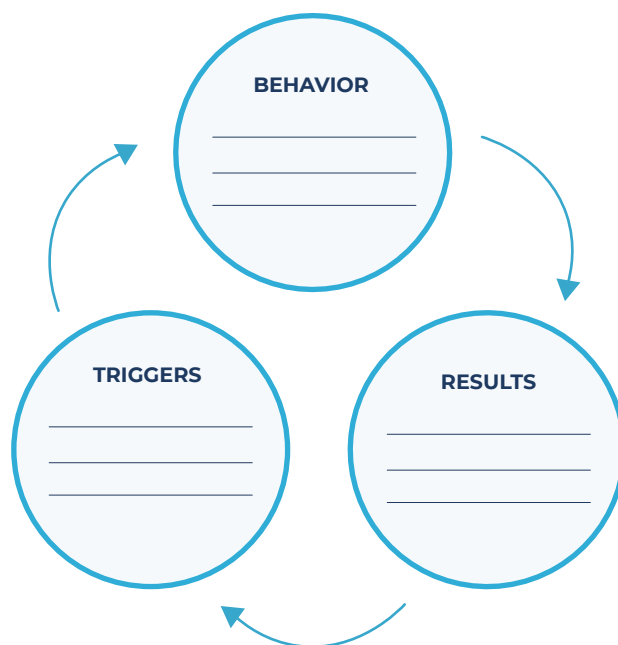
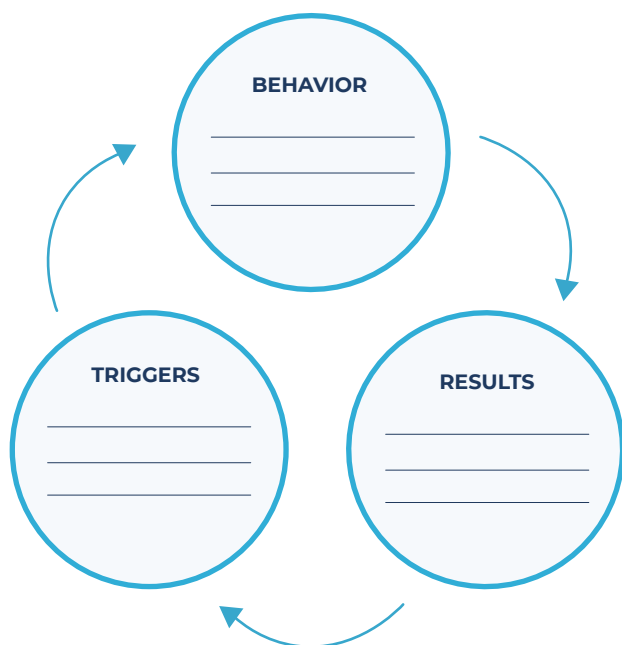
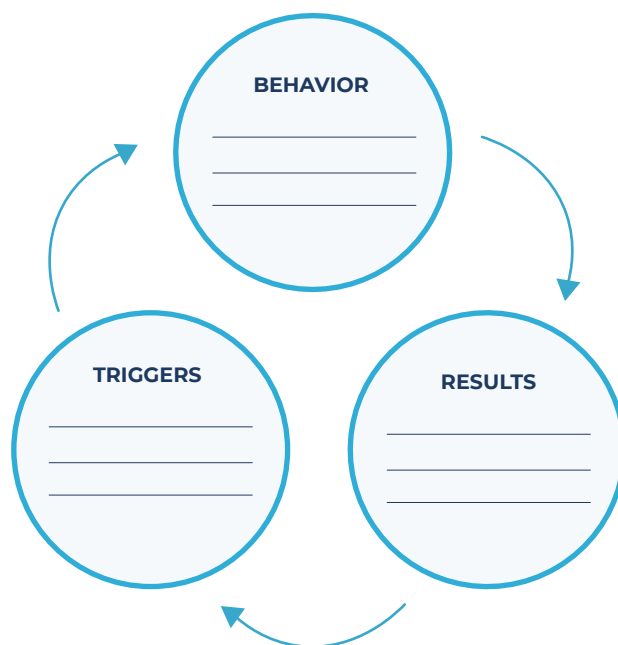
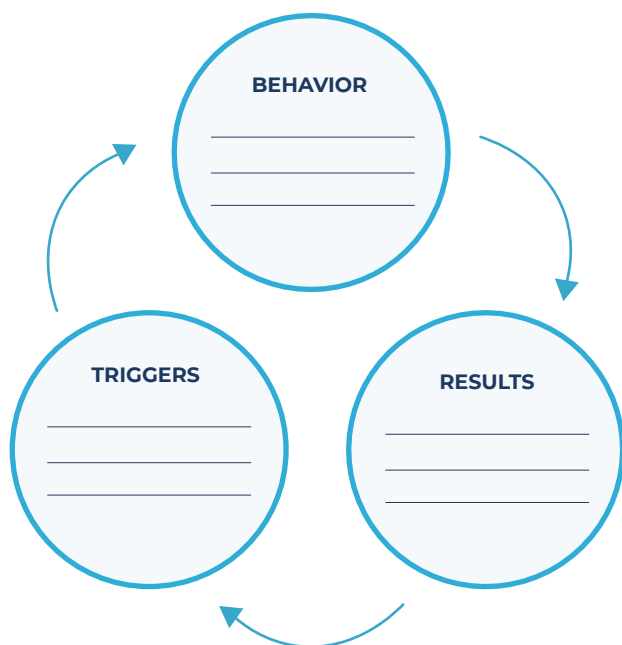


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Now that you know how to map a habit by breaking it down into its three parts, you can apply this technique to other bad habits or unwanted behaviors. Try it out below.



To learn about the app version of the Unwinding Anxiety program, visit [DrJud.com](https://www.DrJud.com)

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