

Live Well to
Learn Well

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Adapted from Carol Vivyan,
2011 (getselfhelp.co.uk).

Habit Change Worksheet

This form may be used as a tool to help change undesired or problematic habits.

GOAL: (e.g., "Reduce Smoking")	
DELAY	Delay your decision to engage in your identified habit. Set aside a specific time to delay. (e.g., 10 minutes")
<i>Example</i>	<i>"When I get the urge to smoke, I will delay for 15 minutes."</i>
My statement:	
DISTRACT	While waiting, engage in an activity that will distract your thoughts.
<i>Example</i>	<i>"While I delay, I will take a 15 minute walk."</i>
My activities:	
DECIDE	After your set time has passed, consider the following before making your decision: <ul style="list-style-type: none"> • Advantages of the change • Disadvantages of the habit • Reasons I want to stop • My life goals that this habit affects negatively
<i>Example</i>	<ul style="list-style-type: none"> • Advantage: <i>"I would be able to breathe easier."</i> • Disadvantage: <i>"My girlfriend/boyfriend/partner doesn't kiss me when I smell like smoke. "</i> • Reason for stopping: <i>"Take better care of my health."</i> • Life goal: <i>"I want my body to be capable of performing fun activities long into old age."</i>
My thoughts:	Advantages of the change: Disadvantages of the habit: Reasons I want to stop: My life goal(s) that this habit affects negatively:

What other activities could you do instead of your habit? _____

