

HOW MINDFULNESS WORKS TO BREAK BAD HABITS

Habits are formed and strengthened as we journey through a continuous loop seeking to satisfy our urges.

MINDFUL AWARENESS

is a form of curiosity that can act like a wedge to break the habit loop at various points and open up the opportunity for fresh choices.

ON THESE PAGES WE ILLUSTRATE THE HABIT LOOP BY LOOKING AT ADDICTION TO SMARTPHONE USE.

WHAT'S YOUR DRUG OF CHOICE?

Anything that brings pleasure and/or lessens pain can drive the habit loop.

OVEREATING



SELF-CRITICISM



SHOPPING



SMOKING



LOVE



Source: Judson Brewer, MD, PhD, author of *The Craving Mind*. Graphic by Heather Jones

