



### Overcoming Unhealthy Behaviour

**What's wrong?** Look at the behaviour; name it, whilst accepting/maintaining the fact that you are fundamentally a worthwhile person.

Explore:

**Substitution.** Beware of unhealthy behaviour options; use healthy options.

Explore:

**Coping Mechanism gone wrong.** Some people self-medicate to cover emotional pain.

Explore:

#### **Acceptance**

Accept self: more to you than the problem.  
Accept problem: more to the problem than you.  
Responsibility, compassion, worth: neither "off the hook" nor "nail to the cross".

Explore:

#### **Support**

Reasons behind the behaviour.  
Replacing the behaviour.

Explore:

#### **Desisting**

The behaviour is a long term coping strategy.  
Change requires relaxing, distracting, releasing.  
Remain strong despite inner "deceptive" voice.  
Know triggers: ads, events, ppl, places.  
Consider replacements: ppl, events, etc.  
Create a gratitude list (50+ items).  
"Take it." Yes. It can be tough. Accept that.  
More time abstinent promotes more success.  
Increase time between urge and action.  
Get rid of tools of impulse (e.g., cash, cards, internet, attitudes, ppl).

Explore:

#### **Cost Benefit Analysis (Be Honest!)**

##### **Costs (Disadvantages):**

##### **Benefits (Advantages):**

#### **Pricing Up**

##### **Costs to Relationships:**

##### **Costs to Work/Career/Study:**

##### **Costs to Emotional and Physical Health:**

##### **Financial Costs:**

##### **Personal Interest Cost:**



**Dealing with Deprivations**

It can be tough to deal with difficult emotions; be patient, firm, compassionate and braced.

- H. Hurt will subside but it can lead to feelings of victimisation, desire to use, to revenge, etc. Your responsibility to deal constructively.
- A. Anger (as above). Use energy positively and/or remove self from situation.
- R. Rewards are important but find adaptive ways instead of maladaptive.
- D. Depression and other neg feelings can instigate prob beh's. If present, try to resolve it.
- L. Loneliness correlates with maladaptive behaviour and "slipping". Increase groups, family, friends time. Loneliness won't kill; it's uncomfortable but will pass.
- O. Overwhelmed, be realistic and careful of how much stress you can manage. Patience and planning are key.
- S. Stagnant, "Boredom!" is lethal. Be careful. Get variety, get busy, get interested/ing
- S. Self Pity, "Poor Me!" We all struggle. Recognise, accept, move on. Be strong.

**Positive Obstacles**

Get rid of cards, cash, disposable income, internet. Leave such things hard to access. Remove self from tempting scenarios.	<u>Explore:</u>
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**"Luck" and Lifestyle Changes**

Claim responsibility Manage Smart Avoid triggers/areas you fail to overcome Reinvest in that which was neglected Expand interests and involvements in groups, family, friends, voluntary, study, etc.	<u>Explore:</u>
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**Clean Up and Watch Out**

Get rid of all mementos and reminders Watch out for seemingly irrelevant beh (walk by pub), novelty wearing out, false bravado (I can handle one go)	<u>Explore:</u>
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