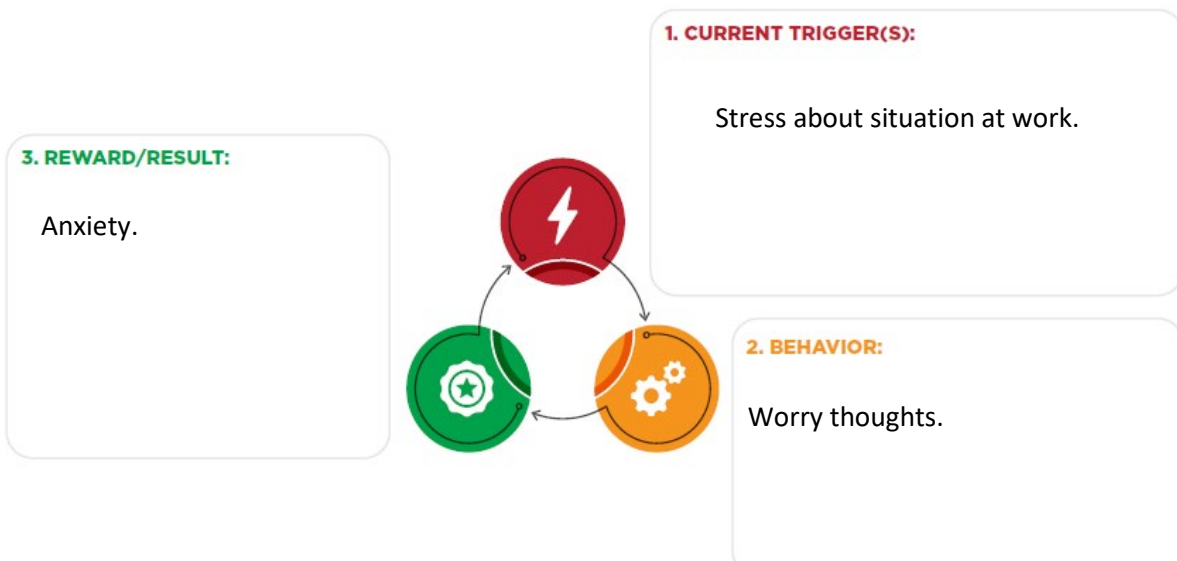
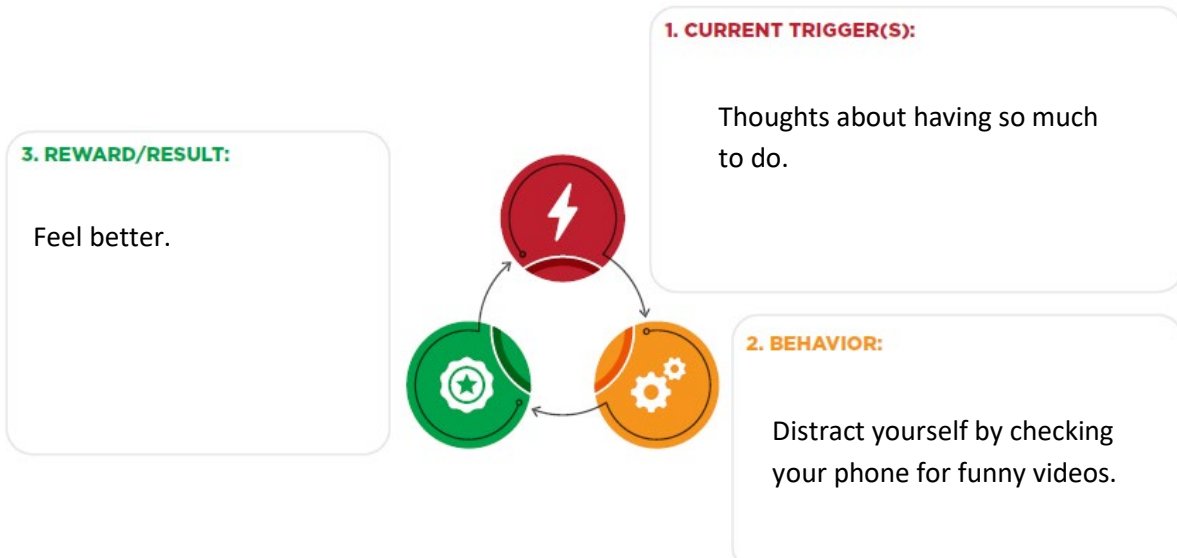


# Habit Loop Worksheet – Mindfulness and Anxiety

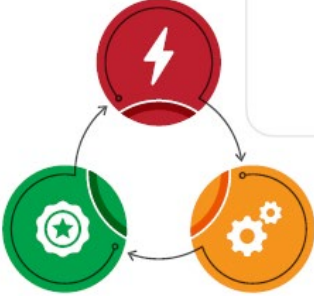
By Steven Hick, PhD

A habit is a regular and repetitive tendency or practice, that is often difficult to give up. Habits are established through the habit loop: trigger, behaviour and result. The trigger is the stimulus that precedes the action; the behaviour is the action and the reward or result is what you get out of the behaviour, and why you keep doing it. The result can be positive or negative. With anxiety the result is negative. Here are two common examples of habit loops: one a distraction loop and the other an anxiety loop.



Using your mindfulness training (staying present for you moment to moment experience) observe and record the habit loops you see in your life. Record every habit loop that you observe.

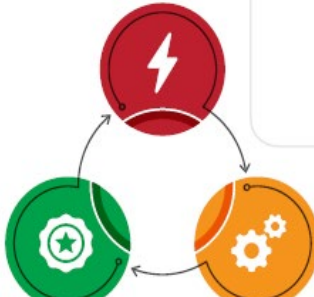
**3. REWARD/RESULT:**



**1. CURRENT TRIGGER(S):**

**2. BEHAVIOR:**

**3. REWARD/RESULT:**



**1. CURRENT TRIGGER(S):**

**2. BEHAVIOR:**