

Cómo dejar de actuar por HABITO

Una guía sencilla

Hábito implica algo que hacemos en piloto automático, por lo que no nos demanda gran cantidad de energía. Si el hábito es negativo y sus consecuencias perjudiciales, empieza a ser cuestionado y descubrimos que deshacernos de él no es tan sencillo y las recaídas son usuales. Aquí hay una punta de ovillo respecto a cómo empezar este proceso.

1

Practica observar y notar



- ¿Qué cosas o eventos gatillan un determinado hábito?
- ¿Cómo actúas en estos casos?
- ¿Cómo te sentís?
- ¿Dónde lo sentís?
- ¿Qué pensamientos surgen?

2

Detente y date cuenta

- Detente en silencio.
- No reacciones.
- Nota lo que está ocurriendo.
- Toma consciencia de que algunos hábitos no te aportan nada.



3

Reevalua y Responde



¿Qué querías que ocurriera en este momento?



Escoge intencionalmente tu respuesta.



Vuelve al paso 1.

Fuente

Traducido y diseñado por @msvecchiarelli
Encontrado en:
<http://www.throughdarknessindaylight.com/>

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Tobias Bleicker



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