

GET SELF-DISCIPLINE !!!

IMPROVING SELF-DISCIPLINE WITH THE BEHAVIOR MODIFICATION WORKSHEET

This worksheet will give you the principals of habit formation through behavior modification and a planning form to put you goals into action! This worksheet has worked very well for my clients. Good luck and kick your butt!

INTRODUCTION

Self-discipline or the lack of it seems to be a general human concern. How many times have you thought to yourself that you need to exercise more but took months to actually start an exercise program? And how many times have you started an exercise plan and after a month or two dropped it? Starting a new behavior and turning it into a habit is not an easy thing to do. However, some lessons from the science of behavior modification can help. Here are some basic ideas behind behavior change and habit formation.

Habit – a behavior that endures over time

Behavior Goal – a goal for how often and when you want your new behavior to occur. Goals should be realistic and achievable. Setting unrealistic and unachievable goals tends to rob you of motivation for change and reduce the likelihood that the new behavior will become a habit.

Motivation For Change - this involves addressing the roadblocks for starting a new behavior.

Motivator – a thought, action or event that occurs before the behavior and increases the likelihood that the behavior will occur. Often a motivator involves both thinking something and doing something. For instance, in order to get up in the morning to go to work you may think to yourself that you need to set your alarm and, then, do an action like actually setting your alarm.

Reward – a thought, action, or natural event that occurs after the behavior which rewards or maintains the behavior and is important for developing a habit. Rewards tend to have both a thinking component and an action component. For instance, you may reward yourself verbally by saying to yourself after you exercise, 'Good Job!' Then by doing something like have your breakfast or take a warm shower.

Starting a habit is the most sometimes the difficult part of habit formation. You may feel a drag on your motivation to change or have a feeling of inertia. If you think about this, you will see that it makes perfect sense that change is uncomfortable or difficult. If changing were easy, we would have a very hard time keeping any habit. Starting a habit begins by motivating yourself for the new behavior. You have to psyche yourself up for change – just as it says in the Nike commercials Just Do It! In fact, you can vigorously say to yourself 'Just do it!', or, think of all