



THE GOOD LIFE
THERAPY CENTRE


Changing Habits to Support Sobriety

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Atomic Habits – by James Clear

Atomic – means small but powerful


Habit – means automatic, reflexive



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Awareness comes before desire:

A craving is created when you assign meaning to a cue. Your brain constructs an emotion or feeling to describe your current situation, and that means a craving can only occur after you have noticed an opportunity.



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Happiness is about the lack of desire

Happiness is the state you enter when you no longer want to change your state.



Peace occurs when you don't turn your observations into problems.

Craving is about wanting to fix everything. Observation without craving is the realization that you do not need to fix anything. Your desires are not running rampant. You do not crave a change in state. Your mind does not generate a problem for you to solve. You're simply observing and existing.



With a big enough *why* you can overcome any *how*.

"He who has a why to live for can bear almost any how."

Friedrich Nietzsche



Being curious is better than being smart

It is desire, not intelligence, that prompts behavior.

The desire to change your state is what powers you to take action.



Your actions reveal how badly you want something

If you keep saying that something is a priority, but you never act on it, then you don't really want it. It's time to have an honest conversation with yourself.

Your actions reveal your true motivations.



"Being poor is not having too little, it is wanting more."

Seneca