



ENABLE EXERCISE #39

Identify the Bad Triggers

If you want to get become successful at implementing and maintaining a new habit you have to identify the barriers or “**bad triggers.**”

You need to confront them head on and make a plan to address them if and when they come up. Then you can battle these more effectively.

Identify your three major nemeses or “**bad triggers.**” These questions might help:

- What moods and feelings immobilize you and make you want to just stay home or in bed and do nothing?
- What makes you nervous, anxious and uncomfortable?
- What distracts you from getting what you need done during the day?
- What is the one habit you truly want to modify or change?
- What thoughts run through your head that makes you question or goals?
- What causes you stress at home? At work?
- What triggers are you trying to stay clear of?
- What totally zaps your energy and motivation?
- What or who totally brings you down?
- What has a doctor or therapist suggested you should do more, less or differently?
- What do you say to yourself to undermine your level of confidence?
- How do you act to undermine your own goals and plans?
- Who can your turn to in your life to help you overcome temporary states of low motivation, anxiety or high levels of temptation?
- Other: