

Old, Bad Habit -----> New, Better Habit

Posted by Shteeble - 03 Aug 2023 13:17

---

The brain pushes us toward our habit when we encounter the point of too much stress.

Fighting with the brain is difficult, but maybe we don't need to.

There is a theory that we will not need to fight the brain, if we can simply replace the bad habit with a better habit.

Then, when the brain encounters too much stress, the brain will just push the better habit.

If you or an addict you know has had any success replacing their MO habit with a "better" habit, or if you think you have a better habit in mind that has a really good chance of working, please post your "better habit" idea.

I'm not looking for a laundry list of hobbies. I'm looking for the habit that is proven (or almost proven) to be an effective replacement to lust in a moment of high stress.

=====