

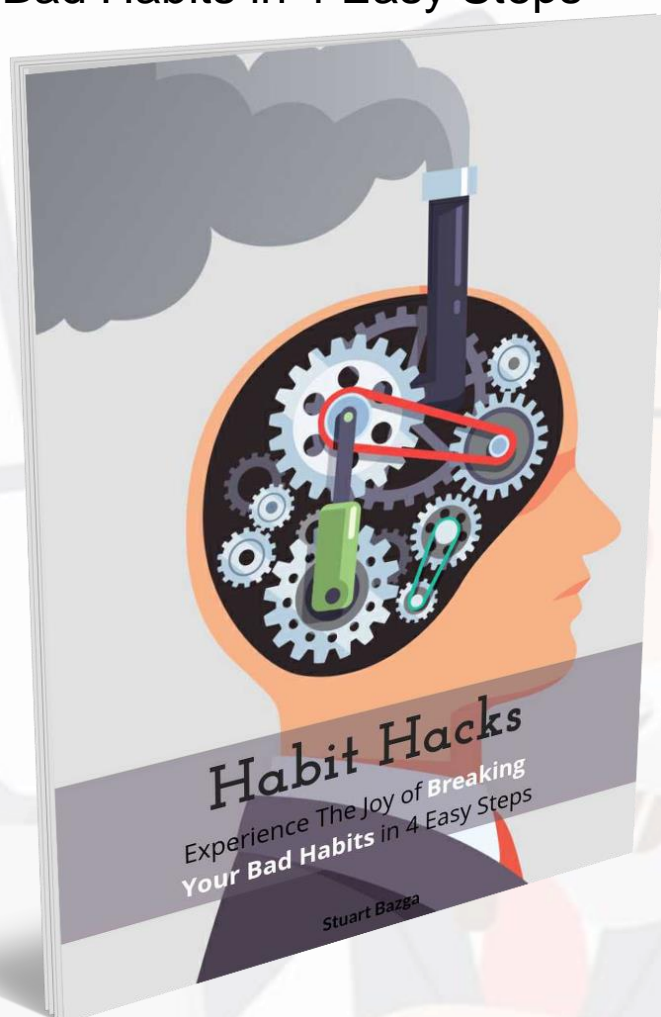
5 Simple Ways To Destroy Bad Habits



TOP RECOMMENDED GUIDE:

“Habit Hacks”

Experience the Joy of Breaking Your
Bad Habits in 4 Easy Steps



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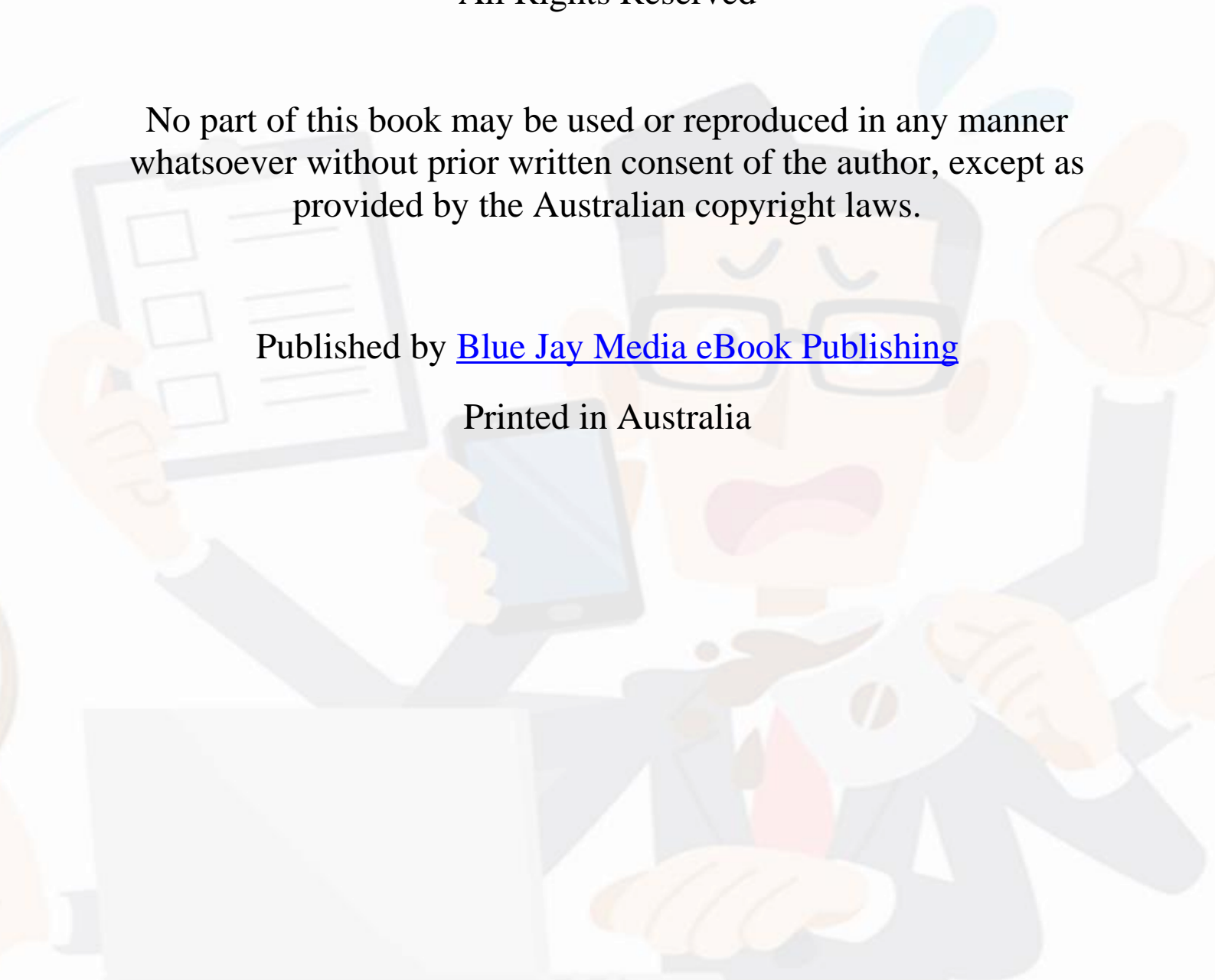
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We all have some good habits, as well as some bad ones. The only problem is too many of us don't know how to eliminate the bad habits from our lives.

Even more, people confess to wanting to stop their bad habits but struggle when it comes to removing them for good.

Before you can successfully destroy your bad habits, you have to know exactly what a habit is.

A habit is a routine of behavior that is repeated continually, and that occurs in the subconscious mind, which is why so many people aren't fully aware of their bad habits.

The key to overcoming your bad habits is first to develop some insight into the origin of the habit. Ultimately your life is a sum of your habits.

The process of building a habit can be divided into four categories:

- The cue
- The craving
- The response
- The reward

Breaking your habits down into these fundamental categories can help you understand what a habit is, how it works, and how you can break it. This is known as the habit loop. Primarily, a cue is developed, which, when activated triggers a craving.

The craving then motivates a response, which provides your brain with a reward, which satisfies the desire, and ultimately becomes associated with the cue. Together, these four things end up forming a neurological feedback loop that eventually allows you to develop automatic habits.

Fortunately, there are many ways that you can destroy your bad habits and keep them away for good. Which one works best will depend entirely on your individual circumstances and specific inclinations.

If you are looking to eliminate your bad habits, here are five simple ways to destroy them for good.