

I AM CAPABLE OF GIVING UP A BAD HABIT WITH THE SUPPORT OF FRIENDS.

I know it is time to give up a bad habit, and I am happy
I have the support of my friends during this
challenging episode.

*It may be difficult to quit my bad habits, but I know I
have the power to overcome them.*

I have the self-control necessary to make changes in
my life. I can stop doing this bad habit forever and not
return to it.

*Luckily, my friends are ready to help me through
every step of the process.* With their help, I can
manage my impulses and desires, so the bad habit
becomes a memory of the past.

My friends encourage me to make positive changes and share helpful advice. They are my allies in this transition as I work on eliminating the bad habit.

I am making detailed plans to work this habit out of my daily experience. I can make the necessary adjustments in my thoughts and feelings as I follow my plan.

Today, I intend to make a positive change in my life by giving up a bad habit.

SELF-REFLECTION QUESTIONS:

1. How can I permanently give up one of my negative habits and ensure it does not return?
2. What can I do to distract myself from returning to my old ways?
3. How can replace the bad habit with a positive one that will last?