

The Habit Mapper

from Dr. Jud

sharecare



To *change habits* you need to know *how they work*.

The Habit Mapper is a simple tool that will help you understand how your brain works, so you can work with it to change your behavior and break bad habits.

All habits have three elements: a CUE/TRIGGER, a BEHAVIOR, and a RESULT.

1

The **TRIGGER** is what starts the habit. It can be something you see or a place you visit, or just a thought, emotion, or physical sensation.

2

The **BEHAVIOR** is the habit itself. It could be a physical behavior like biting your nails or too much time on social media. It can also be a mental behavior like worrying or self-judgement.

3

The **RESULT** is how you feel after the behavior. In the short term, this might feel good, but in the long term, not as much.

For example, imagine you have a habit of getting frustrated when something isn't working

CUES/TRIGGERS

Emotions/Sensations:

- You feel frustrated or stressed out

Situations:

- Patient says that a treatment isn't working

BEHAVIOR

Dismiss their concerns
Blame the patient
Rush to end visit etc.

RESULTS

In the moment:

- Move on
- Avoid emotions

Over time:

- Worry about patient
- Weaken therapeutic relationship
- Get burnt out

The Habit Mapper

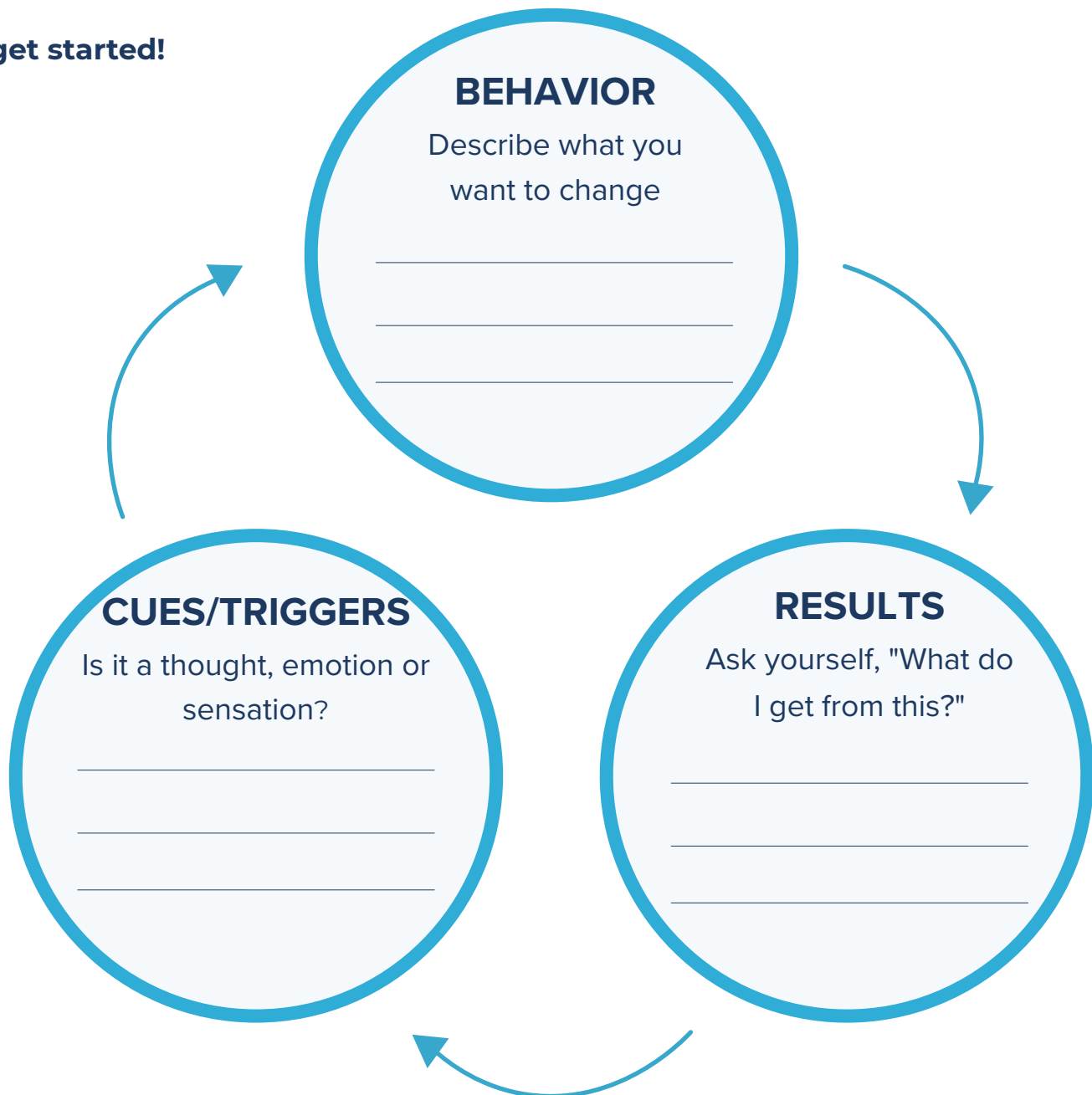
from Dr. Jud

📍 sharecare



By breaking down your habit into its three parts, you can begin to recognize how the habit starts, and how unrewarding and unhelpful it is for you. This is “new information” for your brain, and is the most important step in breaking bad habits.

Let's get started!

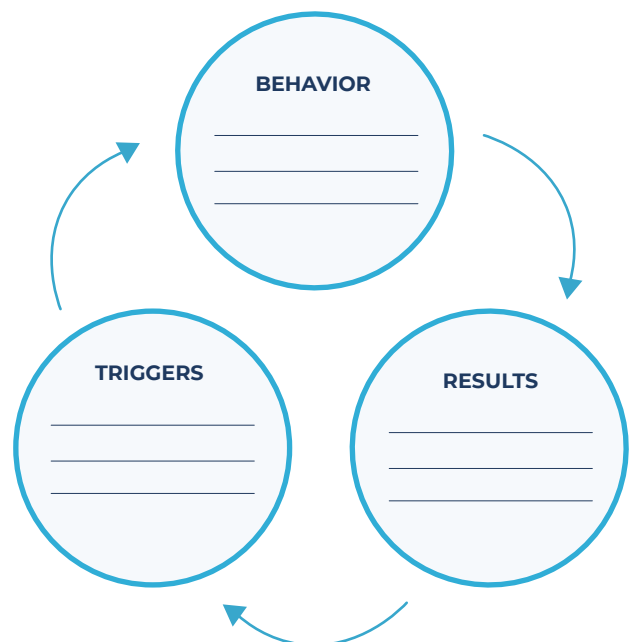
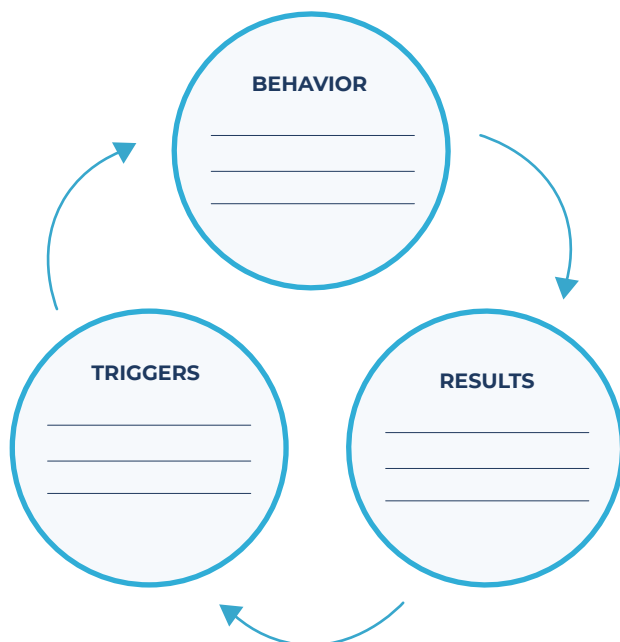
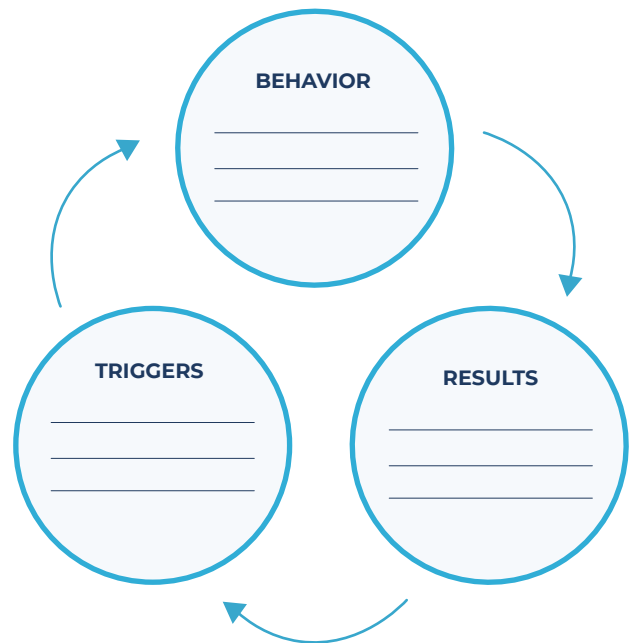
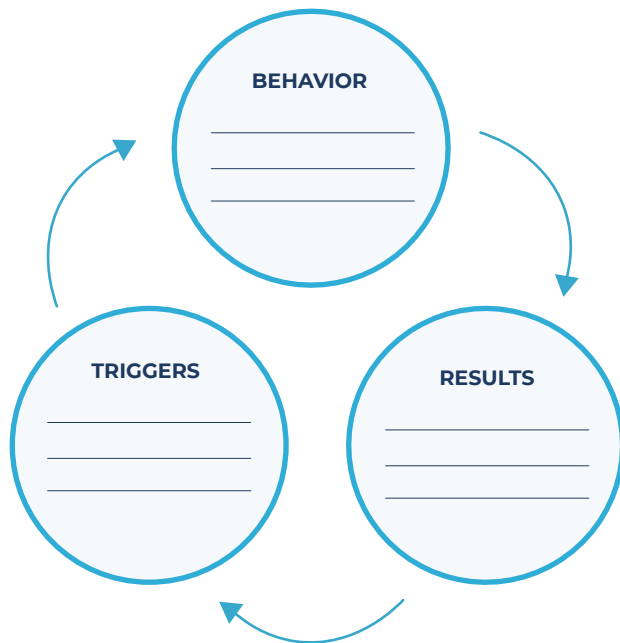


The Habit Mapper

from Dr. Jud

📍 sharecare

Now practice mapping your habits.
You can fold the page into quarters and
put it into the pocket of your white coat.



To Learn more, visit www.DrJud.com.

Print this out and keep it with you. See how many habit loops you can identify and map throughout the day.