EXPOSING AN UNHEALTHY HABIT

A Written Exercise

*"**Bad habits are your worst enemies;** against your will they make you do things which hurt you most. They are detrimental to your physical, social, mental, moral and spiritual happiness. Starve bad habits by refusing to give them any further food of bad actions."* *

The habit I am determined to eliminate

The reasons I started this habit

The satisfactions I used to receive

The satisfactions/advantages it currently offers

Its unhealthy side effects

The thought/thoughts that trigger this habit.

The chain of specific thoughts and actions that lead to the habit's formation.

The environments/circumstances in which this habit manifests.

The people and support structures which encourage or enable me to indulge in this habit.

How do you feel when this habit overtakes you?

Why do you wish to eliminate it?

* Yogananda, *Scientific Healing Affirmations*, 1924 Edition.

What actions are you willing to avoid?

What environments and people are you willing to avoid?

Encouragement from Paramhansa Yogananda

"Any individual who is the victim of sensuality, greed, anger, or egotism must in no wise become neutral and give up the battle with his evil habits just because he has failed many times. No matter how many times he finds himself succumbing to temptation in spite of strong mental resolutions, he should not become neutral and give up his continuous daily attempts to fight the continuously surging and invading evils. To remain in a state of inertia is to be a prisoner of evil in this life and hereafter."*

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"Every soul, no matter how deeply buried beneath bad habits, should be able to resurrect itself from beneath the sepulcher of wickedness and prenatal and postnatal weaknesses. Everyone should remember, no matter what happens, the soul is indestructible."†

* Yogananda, *Spiritual Interpretation of the Bhagavad Gita*, 2:37, *East-West* magazine.
† Yogananda, *Spiritual Interpretation of the Bhagavad Gita*: 2:30, *East-West* magazine.