

How to **Break Bad Habits**

1

Make it Invisible



if you want to quit smoking or use less phone put them in another room where you can't see it

2

Make It Unattractive



Think of all the benefits of quitting that habit.

3

Make it Difficult



**Make it hard for yourself to access that habit.
Increase Friction.**

4

Make it Unsatisfying



Make the cost of your habit public and painful

Atomic Habits

Breaking Bad Habits

Rosina Ehmann



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