

## **Make It Or Break It: Change Your Habits**

Three-Part Workshop presented by Diane M. Adams, Ph.D.

October 11, 18, 25 from 6:30 – 8:00 p.m.

Panther Lake Community Church

10630 SE 204<sup>th</sup> St., Kent

Learn how habits are created and why it's so hard to change them.

The workshop will cover four main areas. First, we will work on preparing you to succeed. I will teach you about the growth mindset and how habits are formed in the brain. The growth mindset will assist you in persistence, while understanding the brain a little bit will reduce guilt while helping you understanding the “why” behind the habit change strategies.

Second, we will move on to methods for developing new habits. I have decided to start there because sometimes developing a new habit will just take care of ending one you wish to ditch. We will borrow from a number of cognitive (things you say to yourself), behavioral, and support methods to help you reach your goal.

Third, we'll talk about how to end a habit you wish to quit. There are many strategies to break habits we don't want. I'll teach you about many of the behavioral strategies for ending a habit, but we will also cover newer alternate techniques using increased awareness and tolerating feelings as another way to break bad habits. Some say this is a much easier way to gently let go of some habits without being hard on yourself. And, yes, you guessed it, we'll cover some ways to be gentler to yourself when things take longer than you would wish for or when you slip up.

Finally, we'll talk about resources to keep you going after the workshop ends. More questions? Call me, Doctor Diane, at 253-852-4699.