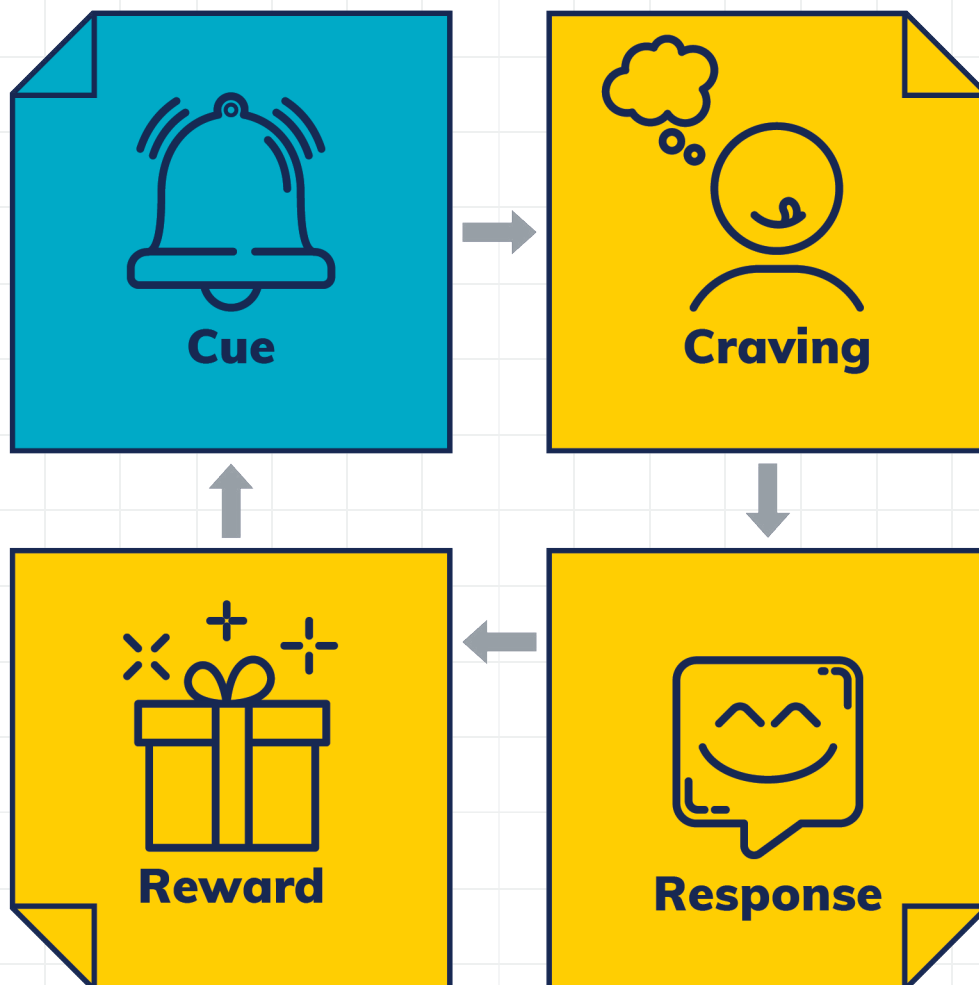


How Habits Work



The four stages of habits are best described as a negative feedback loop: an endless cycle that is constantly running throughout your day. This “habit loop” is continually scanning your environment, predicting what will happen next and trying out different responses, often to alleviate stress or anxiety. The **cue** triggers a **craving** and, which motivates a **response**, which then leads to a **reward**, which satisfies the craving and, ultimately, becomes associated with the cue.

Looking to discuss the four stages of habits? Clear (2018)¹ explained it well in his best-selling book *Atomic Habits*, and we’ve generated a model based on the book to help you better understanding how habits work. See below:



Habits like smoking are so challenging to quit and can even lead to addiction. Replacing the reward (a cigarette) with a different reward like running, going for a walk, meditating or having a light snack, can allow you to change allow you to change your body’s response.

1. Clear, J. (2018). *Atomic habits: tiny changes, remarkable results : an easy & proven way to build good habits & break bad ones*. New York, New York, Avery, an imprint of Penguin Random House.