

Facts and Myths about Habits

Fill in the gaps with the words from the box:

fall back resolutions shy from plethora ingrained

1. Learning about the benefits of new habits helps change our behavior. (myth)

This common misperception forms the basis for a 1)_____ of public health efforts. Research has repeatedly shown that educating people about the benefits of a behaviour does not translate to changing habits. Habits are formed through doing. And the long-term memory systems involved in habit formation don't shift with new 2)_____.

2. You never forget a habit. (fact)

Even if after 66, 111 or 222 days you have changed your habit — that does not mean that you have forgotten it. In fact, much points to the fact that we never forget habits. We might manage to 3)_____ from the dirt track which a habit has 4)_____ in our brain — but the path will always stay. That means that you still know how to handle the gears, even if you have not driven a car for years — you will quickly 5)_____ on those old dirt tracks in your brain. But it also means that a stressful phase can send you back into old smoking habits even if you quit years ago.

