Mark the stetements True or False

1. Habits are behaviors that are performed regularly and cued subconsciously in response to certain environments. **True** **False**

2. Habits can only include simple actions like picking your hair when stressed. **True** **False**

3. Habits form because at some point your brain learns that the behavior is beneficial. **True** **False**

4. Positive experiences can trigger the release of serotonin, a neurotransmitter that mediates feelings of pleasure. **True** **False**

5. Your brain builds connections that link the reward with the behavior, driving you to repeat it. **True** **False**

6. Once established, cue-behavior-reward loops work slowly, allowing you to notice and stop the habit. **True** **False**

7. Habits are stored memories of what's worked in the past, which allow you to take swift action in the present. **True** **False**

8. Intentions alone often fail to lead to long-term behavior change. **True** **False**

9. One of the most effective ways to manage behavior is to identify locations or times of day that cue the habit. **True** **False**

10. Habit reversal training requires you to replace a bad habit with a good one that's less detrimental. **True** **False**

LIVEWORKSHEETS