

Facts and Myths about Habits

Fill in the gaps with the words from the box:

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

This is a 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)_____. (myth)

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.

3. Bad habits are easier than good habits (myth)

Many assume that bad habits are easier than good habits. That isn't true. Both are easy — you just need to 6)_____ your brain to be on track with the right habits! Bad habits only seem easier because you likely have trained yourself in the bad habit longer than the good habit. So, to change your habit, it simply takes time and discipline, and then that habit will become easier!



The Elegant English Club

C1 & C2