

DISCOVERING PROBLEM PATTERNS

Dr. David Shaw

Sometimes it is helpful to reflect at the end of the day how “you did” in winning over your habit you are trying to break. In order to do this, it sometimes helps to try to gather data in order to map out a strategy to help you win. Your “data sheet” might look something like this:

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|--------|--------|---------|-----------|----------|--------|----------|
| Morning | | | | | | | |
| Afternoon | | | | | | | |
| Evening | | | | | | | |
| Observations | | | | | | | |

For instance, if you are worried about eating too much and want to stop, you could follow four steps in filling out this chart.

1. Put down when you want to eat (It could be especially when you are watching TV)
2. Look for recurring events (things that happen over and over again)
3. It is not good enough to just get rid of bad habits. God wants us to replace our bad habits with good habits.