

Will-Power vs. Won't-Power: The **7** REAL Reasons You Struggle to Quit a Bad Habit

Forget lack of will-power. Here are the **7** real reasons you can't quit your bad habit, whether it's smoking, sugar, yelling at your kids, procrastinating or something else.

#7 You aren't in charge.

Nope...your body is. From the minute you're born your body has a learned, chemical, need-relieve response. 'I'm hungry, I cry, Mom feeds me.' With a bad habit, as you try to quit, your body kicks into chemical over-drive, creating stress and anxiety which MUST be soothed...with your habit of choice.

#6 You identify too strongly with your habit

A while ago I decided to quit alcohol- it just didn't fit with my self-identity as an EFT life coach. (Previously, as 'just' a musician, it was no problem!) Yesterday I realized that, despite feeling stressed, as a non-drinker a beer wasn't even in the picture.

#5 Other people sabotage you

Have you ever been to a party and tried to say 'no' to your host's homemade chocolate birthday cake? Did you feel like a rat deserting a sinking ship? Other people don't exactly want you to fail, but they won't like it if you rock the boat of what's comfortable and accepted.

#4 A part of you doesn't want to succeed

We're all familiar with the fear of failure (ugh, shame, self-loathing, disappointment) but what about the fear of success? When you think of giving up your bad habit does a part of you scream at you 'You'll be bored/stressed/lonely/different!' ? No, thank you.

#3 Life gets in the way

Trying to quit something and a big family event's coming up...try coping with that one. Between stress, peer pressure and unfamiliar routines and territory, it's no wonder we go off the rails and give in to temptation.

#2 You don't have a strong enough 'why' for quitting

We humans need motivation in order to change our habits. Think of 'the carrot and the stick.' The pain and negative effects of your habit will fuel your will-power for a while...but for long-term results you need pleasure and a positive reason for becoming free of your bad habit.

#1 You don't interrupt the 'thoughts lead to actions' pattern

The day I realized that 'I want X' didn't mean that I automatically had to indulge was the day I became liberated from my habit. With an attitude of interested curiosity, 'Oh, that's interesting, I'm thinking that again', you can intercept and interrupt your thoughts and choose new action.



So now you know the REAL reasons, would you like to find out HOW to dissolve them all and quit your bad habit quickly and easily for once and for all?

Check out my brand-new video course '21 Days of Tapping to Quit a Bad Habit'. Break free and feel FANTASTIC!!

