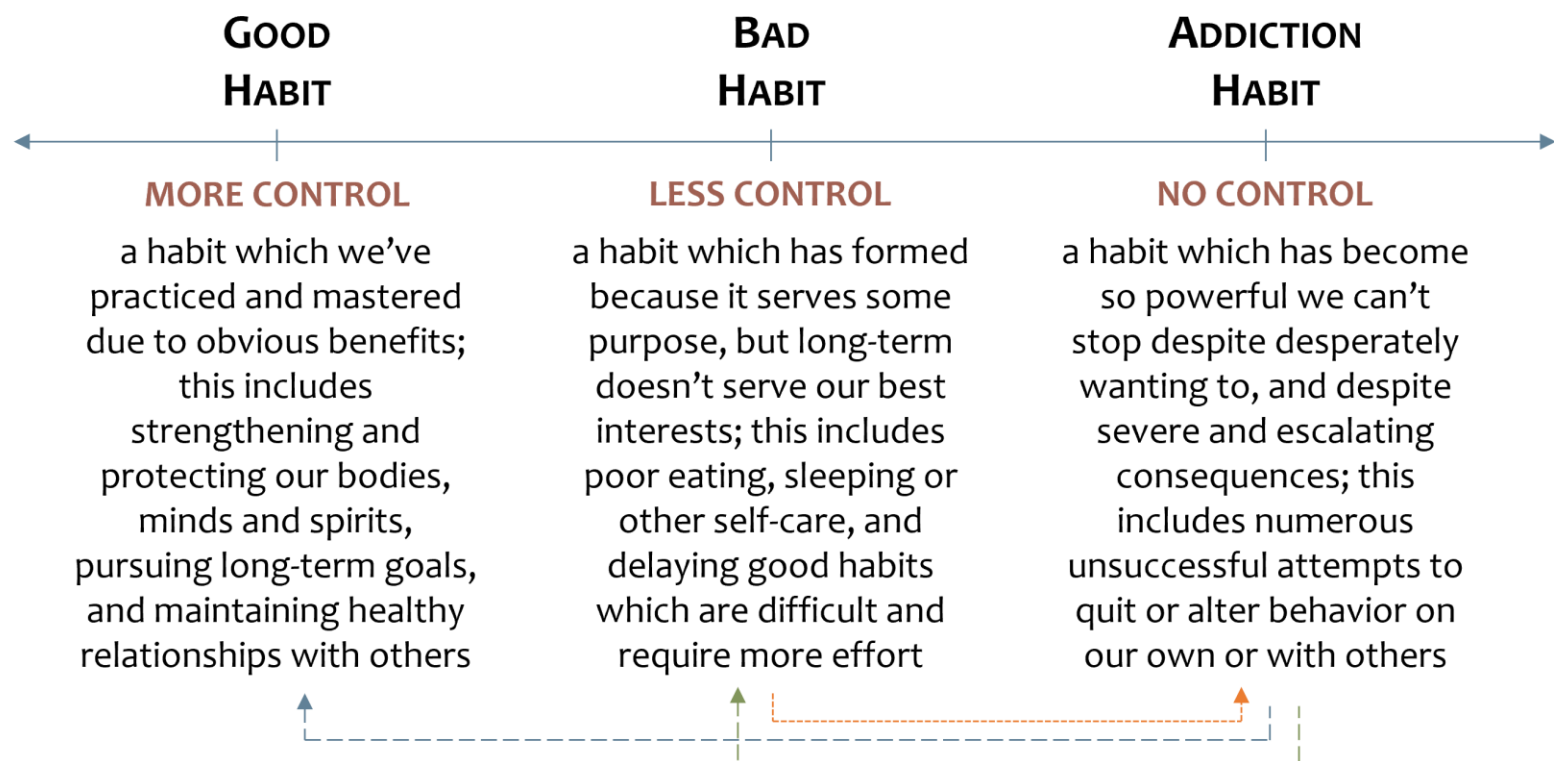


The Habit Spectrum

Many of our attitudes and behaviors exist in real-time on a spectrum, manifest as habits. Some are beneficial and build strength, some are harmful and create damage, and some are damaging to the point of destroying parts of our lives we care about deeply.



*How is
Addiction
a Habit?
Make it
Make
Sense!*