## 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.

Ad	Addiction Habit	BAD HABIT	Good Habit
<b>M</b>	a habit which has become	a habit which has formed	a habit which we've
	so powerful we can't	because it serves some	practiced and mastered
M	stop despite desperately	purpose, but long-term	due to obvious benefits;
	wanting to, and despite	doesn't serve our best	this includes
	severe and escalating	interests; this includes	strengthening and
Λ	consequences; this	poor eating, sleeping or	protecting our bodies,
	includes numerous	other self-care, and	minds and spirits,
C	unsuccessful attempts to	delaying good habits	pursuing long-term goals,
S	quit or alter behavior on	which are difficult and	and maintaining healthy
	our own or with others	require more effort	relationships with others
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How is Addiction a Habit?

Make it Make Sense!