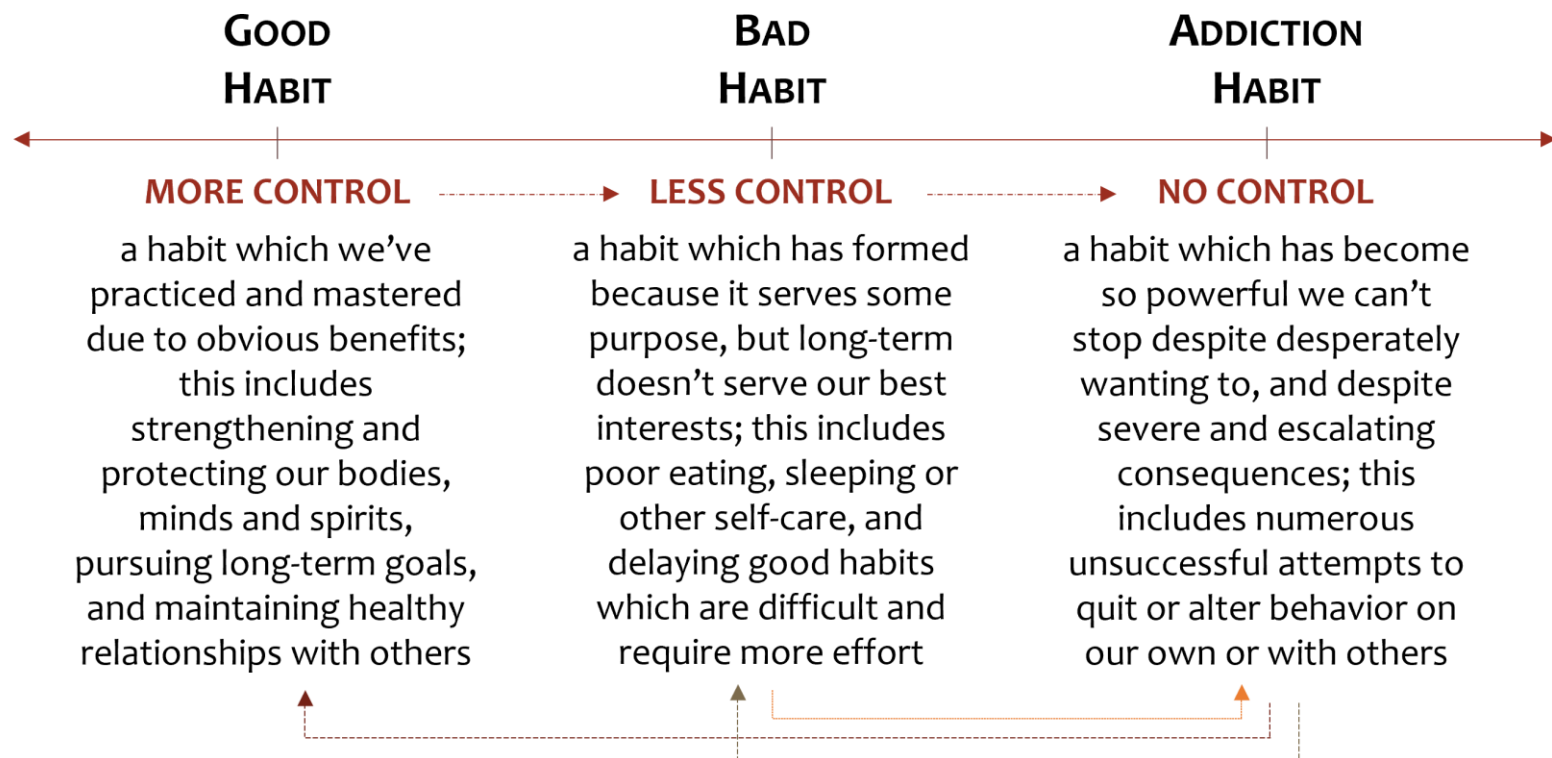


## The Habit Control Spectrum

**Habits are the repeated and reflexive return to a routine or ritual.**

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, *the distinction being our measure of agency (control).*



How is  
Addiction  
a Habit?  
Make it  
Make  
Sense!