

Kick the Habit!

Directions: Attempt to give up a habit for one day. This can include, but is not limited to, smoking, excessive cell phone use, video games, facebook, twitter, or other computer use, junk food eating, foul language, gossiping, nail biting, passing judgment on others, cracking knuckles, being messy, chronic lateness, etc. If during the 24 hours you fail, please start over and continue doing this each time you fail. To make this more enjoyable, ask a relative or a friend to also give up a habit during 24 hours as well. Encourage one another as you try to resist the temptation for 24 hours. Please respond to the following questions OR write one paragraph that is at least 50 words long. You will be asked to share this assignment with the class.

1. What habit did you and/or a friend/relative attempt to give up?
2. How were you affected by not being able to engage in this habit for the length of time required?
3. Is it important for you to cut back on or give up this habit in the future? Why or why not?
4. How do you think a person who is addicted to an illegal drug feels when he/she cannot have that substance?
5. How did the assignment impact the friend or relative that you asked to give up a habit?