

Breaking Bad

Mindset expert, Pat Mesiti, shares five strategies you can use to break a bad habit this month



Pat Mesiti, mindset expert and author of eight books, knows a lot about breaking bad habits from working for five years as the Executive Director of Teen Challenge and helping rehabilitate 400 young men with addiction issues. He says that no matter how bad the addiction or what it is you do, the principles are the same and we can all apply them to the small or large demons that have us in their grip.

"Whether it be drugs, alcohol, gambling or something more 'socially acceptable' like going to the gym excessively, shopping, nail biting, sucking on your hair, knuckle cracking, smoking or having too much sugar or coffee; you need that fix and you go through this whole cycle when you're triggered by something." Pat says once you've inevitably got that hit, you enter a phase of guilt, despair and shame and this often triggers another incident.

While he says for serious addicts it's necessary to live away from home and go through a twelve step program or similar, there are many elements of this process that can be used to beat our smaller bad habits and everyday mini addictions.

TOP 5 TIPS

1 Get real about your addiction. Be honest with yourself and aware that this has become a problem and that there is now something in your life you can't live without. This is always the first step.

2 Acknowledge your patterns and triggers. Who or what is it that sets off that desire in you? Why are you looking for the joy your addiction brings?

3 Be accountable to someone. A good friend you can call in times of need. Someone who understands your desire to beat your problem. Even have a friendly wager with others trying to beat the same thing. Make it fun!

4 Devise a plan. Don't just say, 'I want to stop my addiction to spending.' Decide how you're going to do that. E.g. 'I'm only going to spend \$50 per week on lunches.' Or, 'I'm going to set up an automatic payment that takes 20 per cent off my salary and puts it in another account so I can't see it and spend it.' Answer the 'how'.

5 Find better alternatives (replace a behaviour with a behaviour). E.g. 'Every time I want a sugary drink I'm going to have a sparkling water with lots of fruit pieces in it, or a diet option' (in moderation of course).

Remember, addictions, no matter how big or small

don't have to

WIN!

You can Tweet Pat, @PatMesiti, and keep an eye on the website, patmesiti.com, for details on his Wealth Accelerator summits on the Gold Coast this year. For a chance to win a copy of Pat's best-selling book, **Wake up and Dream**, visit getitmagazine.com.au



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