



POWERHOUSE OF HABIT CHANGE

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People have different attitudes and behavior and all of us have that tendency to create or acquire a habit; however our “ human will” serves as the powerhouse of habit change. If our will just have that total commitment to change, t...hen it will happen. Doing everything to change a habit or break it would not be too difficult at all. All we need to do is to address the habit formed and try to find ways on how to deal with it. However, if we just merely attempt to break an old or bad habit, then we are just playing half-heartedly on it and worst that would happen is that there is only very limited success to eradicate it. It will be very different if you are motivated by that intent decision that the time has come to stop dithering and to take action. Apply that task of having that will to do the task and then achieve your goal.

Then you will ask yourself the question, “Can habits change?” The answer is yes, they do change, and at times they seem to be difficult. Once you form a habit, it will have a significant effect on us. Notably, it would have an indicative effect on our behavior too. Surprisingly enough, it will require a significant effort to change a habit. It doesn’t come overnight. We should also be aware that we would not fall into a bad habit because it can be soothing and seductively familiar. It can actually stunt our development and even harm us, like smoking, excessive drinking, and overeating. By nature, they are hard to break and because they are difficult, it can lead to negative emotions and self-criticism.

By contrast, good habits can increase our self-esteem, nurture positivity and encourage personal achievement and progress. These things need to be formed through mindfulness, self-control and conscious choice. In order for us to do this, let us decide on our set of priorities and what is the highest priority that we have. What is it that we do really want and value? Consequently, you will have the courage and discipline to be able to say “no” to other things. So, you can now easily pin down what your goals are and what is it you really want to achieve.

When you know how to acknowledge your feelings, rather than suppressing your emotions, then you can decide and know how it is best to be dealt with, in order for us to create that change of habit that we need. If you commit to change, then your human will is at work. That desire to replace a habit or an attitude together with the firm commitment of the will, which serves as a powerhouse of habit change, to do so, will substantially increase the likelihood of success.

Questions for discussion:

1. Have you ever tried to change a habit? How did you do it?
2. Do you agree that our human will serves as a powerhouse to habit change? Why or why not?
3. Do you find it difficult to gather your strength and have the will to change a bad habit? Why or why not?
4. Have you addressed that habit of yours which you have been clinging on for a long time? Explain your answer.
5. Have you set your priorities in life so you can have the guts to do your will to create a change of habit in your life? Elaborate on your answer.