



KEEP WHAT'S GOOD IN, KICK GARBAGE OUT

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Being a normally functioning human being, I too have habits both bad and good. Let me correct my first statement, though. I may not be a perfectly functioning human being as far as my health faculties are concerned, but spiritually I still possess the same inadequacies and completeness that all people have. I decide on things with my heart and mind working together, sometimes apart. I perform the varied functions of my job as a mother and a professional with whatever it is I have. I think, therefore I am. Thus, I also have both good and bad habits.

Of the good ones, I am happy to say that I do manage a short prayer or two, at varying parts of the day. I can not manage to say one at the beginning of each day, because I am often taken up with the concerns of starting the whole day early, but I make sure I converse with the Almighty at certain moments when everything has quieted down.

I also brush my teeth at least twice a day, using fluoride and calcium toothpaste, as recommended by dentists. I never go to sleep without washing my face, and have been at my own daughters' necks to do the same. I do my housework at specific times, except when otherwise constrained. I begin my online work a little after lunch and continue till early evening. I also try to go to sleep at specific times, because losing only a half hour from my normal sleeping hours will surely render me living zombie-like the next day.

I don't smoke, and since my father died last year, have abhorred smoking.

I also have the habit of procrastinating on things I have to do, such as completing things before the deadline. To fix this perennial problem, I just keep a planner of some sort so I do not end up with a bunch of deadlines to contend with. I also have my own form of Tourette syndrome, which has me shouting expletives at no one in particular, probably myself and my own stupidity, whenever I drop something, bump into something, or get into a sudden, exasperating or unexpected incident. I also have the unexplainable habit of opening the refrigerator door to check what I have already seen before, even knowing what I would see inside beforehand.

Yes, like any human being, I have habits, both good and bad. Hopefully, my good habits remain, as people believe that old habits die hard. Now what to do about my bad ones.....

QUESTIONS FOR DISCUSSION:

1. What are some of your good habits? What about your bad ones?
2. How are habits formed?
3. Why is it always difficult to let go of any habit?
4. What sort of habits that others have will easily turn you off? Why?
5. Did you have habits when you were a child that you have eradicated in adulthood? How did you let those habits go?