

WRITING PROMPTS FOR

**CHANGING NEGATIVE BEHAVIOR  
/ BAD HABIT CHANGE**

A GOOD *place*

WRITING PROMPTS FOR CHANGING NEGATIVE  
BEHAVIOR/ BAD HABIT CHANGE

Write two letters to your bad habit,

– the first thanking it for all the things it's helped you with and the purposes it's served...

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...and the second letting it know all the ways that it's harming you.