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What's your Habit Archetype?

(Please look at answers after you've answered all 5 questions - thank you)

When you're stressed what do you usually do? What's your tendency? Your Habit?

A:Doom Scroll on Telephone, Reach for Junk food

B: Fill your head with ANTS Automatic Negative Talk

C: Zone out - with a stimulant like a spliff, glass of wine etc

D: Avoidance, with draw, pull the duvet over your head



What's your biggest frustration with habits?

A: I become flooded and too overwhelmed to even try and break my bad habit

B: I feel guilty because I can't seem to stop

C: I don't even notice I'm doing them until it's too late

D: I start strong but lose momentum fast and give up



Which Quote Resonates with you?

A: "I just need to escape for a while

B: I'm my own worst enemy

C: Wait... how did I end up doing this again

D: Tomorrow is the day I'll finally change.



What do You tell yourself when you slip up?

A: I'm too exhausted to care. Nobody cares

B: This proves I'm hopeless. I'm never gonna change

C: Did I even slip up? I just wasn't paying attention

D: Tomorrow is another day - I'll fix it later

I WISH I DREAM ONE DAY IT WILL BE ALL DIFFERENT

A: I'll be able to manage my stress so I don't burnout

B: Something will just shut off my inner critic

C: A miracle will happen - I'll have that wake-up call to notice my habits and stop

D: I'll find a way to stop delaying and just start letting go of my habits that don't serve me

NOW for some fun, take the answers lightly, we are often a bit of everything.

A = Overwhelm Avoider,

B = Guilt Cyclist,

C = Autopilot Zombie,

D = Perfectionist Procrastinator

Mainly A's - Overwhelm Avoider - Your habits are band aids for stress, so they only work to a degree - Take up meditation, yoga, walking or just sitting quietly in an arm chair, or look up in the sky

Mainly Bs - Invaded by Guilt, Shame sabotages you and fuels habits - Develop a practice of inner Love, Own your uniqueness, Validate your existence - Embrace this moment

Mainly C's - You're on Automatic Pilot - Learn to interrupt the your habits with straw breathing, become Aware of your body more, Gather the breath more, and Expand the breath throughout the body -

Mainly D's - Perfectionist or Procrastinator take your pick - remember its not all or nothing, its Progress instead of Perfect.

If this quiz has helped to shed some light on your tendency, my new course A First Aid Kit For The Mind, Breaking the Cycle of Habitual Behaviour, will help you to have some freedom from your habits. Find out more about my new course [HERE](#)