

A Strategy to Overcome Any Habit

by President Larry R. Larson version 1 August 2010

This plan, if used with full determination, will help you overcome any habit. Remember to think of a higher purpose when overcoming a habit. Don't just think, "I need to stop doing this." Think, "I am going to become something great." The new *Duty to God* book is an excellent place to seek higher purposes. Habits are rarely broken quickly, so just start again if you slip. Don't get discouraged. You can do this!

Turn to the Lord. Pray always.

At night, review with Heavenly Father your performance that day in your own "personal priesthood interview."

Ask these types of questions:

How did I _____ ?

How were my actions regarding _____ ?

How _____ ?

The ways you fill out the questions are up to you and your Heavenly Father. There are many choices, but here are a few ideas you might consider: How did I treat my family, teachers or others? How was my language? How did I do with my thoughts? What do I need to repent of? How were my studies? How am I coming on my Duty to God project? Do I need to study my scriptures more? Is my attitude positive or negative.

At the end of your prayer ask, "What thing/s should I work on tomorrow?"

Ask for help in making a plan. You don't have to write it down, but doing so may help. Don't forget to pray in the morning and ask for help.

Managing Triggers

Triggers are things that Satan uses to get you to continue a bad habit. He knows you want to break the habit, so he uses triggers to get you to forget your determination or to rationalize a behavior. The key is to recognize when triggers occur before they actually happen.

Prayerfully think about and complete this statement: Triggers occur most often when I am in these situations:

1. _____

2. _____

3. _____

As you learn to manage these triggers you will conquer them. This is like shutting doors on Satan. Once conquered, lock the door. Then add others to the list. Keep doing it until they are gone.

Now prayerfully consider how you will eliminate the above triggers. Write them below. These steps are meant to be used in order until the trigger goes away. If the first step doesn't work, go to the next. Write as many steps as you need.

First step _____

Second step _____

Third step _____

The steps you write are between you and Heavenly Father, but here are a few suggestions that you may want to consider: Get away from the trigger—don't wait, just get away. Pray. Talk to someone quickly. (You don't have to talk about the trigger. Sometimes just talking helps.) Read a good book that is interesting to you. Read the scriptures. Walk around the block (even if it's late, but check with your parents). Exercise. Reduce your TV time or electronic game time. Extensive time spent doing these things drives the Spirit away and weakens your resolve. Replace the thought of a habit with the action of something positive. Stay busy with good activities and good people. Read power scriptures—these are scriptures that will inspire you to greatness and are quickly read on a sheet of paper. Examples are on the reverse side. You should add your own.

Alma 48: 17

17 Yea, verily, verily I say unto you, if all men had been, and were, and ever would be, like unto Moroni, behold, the very powers of hell would have been shaken forever; yea, the devil would never have power over the hearts of the children of men.

Ps. 27: 3, 5, 13-14

3 Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

5 For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.

13 I had fainted, unless I had believed to see the goodness of the Lord in the land of the living.

14 Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord.

Mosiah 10: 10

10 . . . And it came to pass that we did go up in the strength of the Lord to battle.

Ps. 34: 4

4 I sought the Lord, and he heard me, and delivered me from all my fears.

Josh. 1: 5-6

5 There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee.

6 Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I sware unto their fathers to give them.

Deut. 31: 6

6 Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.

1 Sam. 17: 37, 45-46, 49

37 David said moreover, The Lord that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine. And Saul said unto David, Go, and the Lord be with thee.

45 Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the Lord of hosts, the God of the armies of Israel, whom thou hast defied.

46 This day will the Lord deliver thee into mine hand; and I will smite thee, and take thine head from thee; and I will give the carcasses of the host of the Philistines this day unto the fowls of the air, and to the wild beasts of the earth; that all the earth may know that there is a God in Israel. . . .

49 And David put his hand in his bag, and took thence a stone, and slang it, and smote the Philistine in his forehead, that the stone sunk into his forehead; and he fell upon his face to the earth.

Moses 1: 4

4 And, behold, thou art my son

D&C 128: 22

22 Brethren, shall we not go on in so great a cause? Go forward and not backward. Courage, brethren; and on, on to the victory! Let your hearts rejoice, and be exceedingly glad.