Breaking the TV Habit

Valerie Lanard
@valer
@gigabody
Duhigg’s Habit Cycle

Routine

Cue

Reward
Duhigg’s Habit Cycle:

- Routine
- Cue
- Reward

Diagram showing the cycle with arrows indicating the sequence.
Duhigg’s Habit Cycle

Routine

Cue

Reward
Ground Rules
Preparation

Things to do instead of TV

Start cooking. Recipes?
Listen to npr.
Listen to podcasts.
Crossword puzzles.
Solitaire.
Jigsaw puzzles.
Math & logic puzzles.
Play guitar.
Crochet.
Daily Workout challenges. Write them?
Do yoga workout or a stretch workout every night (good for the mind & the soul).
Write blogs.
Write 750 words a day.
Go on dates.
Do household inventory for insurance.
Buy new furniture for scanner area.
Candles.
Tea.
New nightly rituals.
Dinner party.
Invite friends over.
Plan travels with Scott.
Go to a baseball game.
Take a bath.
Reconnect with old friends.
Write letters by hand.
Weekly Urges to Watch TV

- 5x/day
- 1x/day
- no data
- 2x/month
Avoidance & Escape
Unexpected Rewards
Triggers Everywhere!

Social Media
- YouTube
- Spotify

Friends
- Hotel Rooms
- Restaurants
- Packages
- Bars
- Visiting Family

People's Houses
- Parties
- Planes
- Sports

Overheard on public transit
- Radio Interviews
- Ads

iTunes when I charge my phone
Weekly Urges to Watch TV

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- no data