

Bad Habits

Pre-Reading

A. Warm-Up Questions

1. Work together as a class. How many examples of bad habits can you think of?
2. What is the difference between conscious and subconscious?
3. How can you break a bad habit?
4. Have you ever quit anything "cold turkey"?



B. Vocabulary Preview

Match up as many words and meanings as you can.
Check this exercise again after seeing the words in context on page 2.

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| _____ 1. twirl | a) fully aware, on purpose |
| _____ 2. subconscious | b) to stop (a habit) instantly and never do it again |
| _____ 3. fatigue | c) to successfully quit doing something that was bad for you |
| _____ 4. conscious | d) to keep track in a chart |
| _____ 5. admit | e) tiredness |
| _____ 6. once and for all | f) to go around and around |
| _____ 7. follow through | g) finally, without any chance of changing one's mind |
| _____ 8. quit cold turkey | h) an event or situation that prevents or delays a goal |
| _____ 9. setback | i) automatic, not based on thinking |
| _____ 10. inevitable | j) unable to be avoided |
| _____ 11. log | k) to stick to your plan |
| _____ 12. kick a habit | l) to tell the truth |

Listening

 <http://blog.esllibrary.com/2011/01/12/bad-habits/>

Fill in the blanks as you listen to the recording.

BAD HABITS

How can we break them?

1. Do you bite your nails or _____ your hair? Maybe you eat too quickly or check your email ten times an hour. Most of us have one bad habit or another. Habits are _____. This means we perform them automatically without thinking. Stress, boredom, and _____ can cause our habits to worsen.
2. Experts say it takes three months to form a habit. How long does it take to break a habit? Unlike biting your nails, breaking this habit requires _____ effort. The first thing to do is to admit what your habit is. Next, decide once and for all that you are ready to break it. Come up with a plan and _____. You don't have to quit cold turkey. Accept that there will be setbacks; they are _____. Don't beat yourself up when you have a setback. Think of the well-known saying: "If at first you don't succeed, try, try again."
3. Do you get any enjoyment out of your bad habit? It is a good idea to name the reasons why your habit is "bad." Does it _____ you or others? Does it cost a lot of money? Tell other people your plan to break this habit. _____ your progress and your setbacks. When you _____, congratulate yourself! Now you have the tools to break the next one.