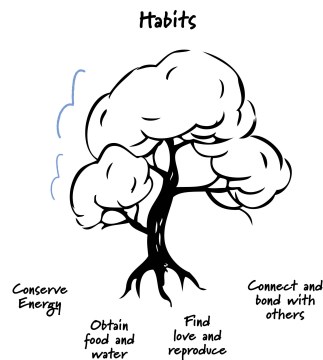


Habit Fix

with Rabbi Benji



Getting to the root

With only two more emails until Yom Kippur, let's spend today trying to get to the essence of what we are struggling with.

What is the root cause or craving that is making me do the thing that I am trying so hard not to do?

Say I'm doing things I don't want to be doing...

What is the root cause or craving that is sending me there?

A lot of the time, the root cause is fundamental. Clear lists some of the most universal underlying motives:

- ★ Conserve energy
- ★ Obtain food and water
- ★ Find love and reproduce
- ★ Connect and bond with others

- ★ Win social acceptance and approval
- ★ Reduce uncertainty
- ★ Achieve status and privilege

Many people smoke, play too many video games, or binge on social media because on a deeper level they sometimes want to reduce anxiety, connect, and bond with others or win social acceptance.

Clear explains how when we overindulge in snacks 'what we really want is not a potato chip, but to feel different.'

Today let's... ✓



Go back to your sheet.



In the next column, list the root cause that you think is the reason you are doing what you are doing.



On the third tab (Day 12 + Day 15) look at all the bad habits or *aveirot* that you would like to move away from.



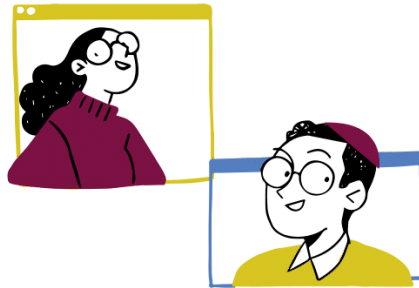
In the next column list a healthy way to scratch that same itch.



Acknowledging the root will really help us in our journey to move away from the bad habit or *aveira*. Every time we are about to fall into it, we can remind ourselves why we are doing what we are doing. Sometimes we may recognize why we are doing something, but do it nonetheless. That's why the alternative is there. It gives us a new action to do, and a healthy way to deal with the root cause.

With Blessings

Rabbi *Benji*



Email hello@rabbibenji.com to share your story. We'll be featuring these stories of change on our social channels so we can all inspire each other.

Email Rabbi Benji



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