

# Cracking the Habit Code

21 days to keeping your resolutions

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Day 20:

# How to Respond to Setbacks

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# 20: How to respond to setbacks

- \* Knowing the difference between a lapse & a *relapse*
- \* Not falling prey to the “what the hell” effect
- \* What to do when you fall off the wagon

# 20: How to respond to setbacks

- \* Nearly EVERYONE has lapses in their resolutions. You will probably not do this perfectly.
- \* A slip is not a fall. Recognize the difference.
- \* Identify WHY you slipped, and work to prevent the next one.

# 20: How to respond to setbacks

- \* Were you on vacation or traveling?
- \* Was there some other major change in routine?
- \* What temptation could you eliminate the next time?
- \* What is your plan the next time you encounter a similar challenge?
- \* **KEY TAKE-AWAY:** Use your slips as opportunities for improvement, so the next time you slip (and you will) you are higher up on the hill already.

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# 20: How to respond to setbacks

- \* Beware of the “what the hell” effect!
- \* Researchers call this the “Abstinence Violation Effect”
- \* The more damage you do today, the harder tomorrow will be.
  - Progress -- how far will you slide down the hill?
  - Confidence -- do you think you can do it? believe in yourself?
  - Self-efficacy -- can you actually get yourself to get back up again?

# 20: How to respond to setbacks

## \* Don't:

- Freak out. Lapses are to be expected, and they don't predict whether or not you'll actually keep your resolution.
- Berate or criticize yourself.
- Feel guilty.

# 20: How to respond to setbacks

\* Do:

- Have self-compassion and self-forgiveness.**
- Learn from your slip.
- Make a specific plan to fix the bump in the road, or to prevent the next slip, including a plan for how you will respond when you slip again.
- Get up and back on the road IMMEDIATELY. Keep tracking progress!
- Rededicate yourself to your resolution.

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# 20: How to respond to setbacks

- \* "We all understand that when we first attempt to drive a car or ride a bike, we'll make mistakes. Behavior change is no different; it's a process of slipping, learning from the mistake, and trying again." —John C. Norcross, *Changeology*