ADRS 2310

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 Habit is something that explains our personality both physically and psychologically. It is good to have various habits but some bad habits lead us to bad consequences. I have found myself in such a habit which was not only bad for me but also irritating for others. I do not remember when I got this leg moving habit while sitting but I remember that many people took notice on different occasions and told me to stop. This is when I realized that it is a constant behavior that is not a good thing. The term habit or addiction were just words for me but I started working on 28 days exercise. I realized how difficult it is to omit something to that you become addicted or habitual with. The main purpose of the essay is to explain the struggle and outcome I experienced while giving up my behavior of moving leg throughout the 28 days.

 The behavior that I tried to stop was moving my leg. It is so severe that I not only used to move my right leg while sitting but also while lying on the bed and in standing position by tapping my foot on floor. During my reflection upon the 28 days, I realized that I cannot even concentrate on a think without moving my leg. While thinking something, watching TV, communicating with others, using my mobile phone or even during study I had this habit. Within 28 days I got to know that this behavior has a great link with my mental state. Whenever I feel stressed, worry, or annoying I used to start moving my leg in reaction. I felt relaxed during stressful situations by moving my leg. The most shocking feeling that I observed was my mood swings. I felt so irritated and aggressive when I tried to stop my leg movement on someone demand or by myself. It affects my concentration level and also my overall behavior especially in public.

 The main credit to leave this behavior goes to my family and friend who helped me to leave it in just 28 days. It is not easy to leave a habit which you adopted years ago in just 28 days. The most difficult time was when I felt pressure on me whether it was about studies or some personal issue but somehow I managed to control my feelings and craving for moving leg. Besides, it was my self-determination and competitive nature that I got positive outcomes after this struggle. It was important because during lonely hours I had to identify this behavior myself and had to control it right away.

As I have highlighted that my friend and family supported me in this struggle which resulted in free of the leg moving habit. When I started to notice my behavior and started 28 days of challenges, I have discussed it with my family and friends. I asked their help by saying that whenever you notice that I am moving my leg without any reason kindly identify it and tell me to stop. This was important because most of the time I moved my leg without even knowing that I am actually doing it. First few days I appreciated my loved one's cooperation but later on, I felt annoying when they tell me to stop because psychologically I wanted to move my leg for relaxation. Due to this mood swings I told them to stop saying but they did not listen to me and helped me throughout 28 days. In the end, I controlled my mental demand because I knew it is due to stress and depression.

I have found my behavior as a trigger that can be found anywhere. Whenever, I see people moving their leg or tapping hand on the surface, unconsciously, my mind also demand the same. Therefore, it is better to avoid circumstances that can bring memory or habit back into your life. My capability for significant relations, an essential found in Six Essentials to Achieve Lasting Recovery, also supports with “real” addiction and recovery. The healthy support system is the main element to bring positive change in life and in my case my friends and family supported me. Putting trust in others enables us to rebuilt and expand our capabilities otherwise it is really difficult to recover from the negative aspect of life(Shumway & Kimball, 2012).

 Whenever you achieve something that seems impossible to you, it rewards you with a sense of relaxation, happiness, and peace of mind. I learned not to move my leg while doing daily routine tasks or sitting idle which can create difficulties in later life. It motivates me to adopt a healthy lifestyle and behavior to focus on my future goal. The biggest achievement in all this process is that I did not become the part of “trading seats on the titanic” which means I did not adopt any other behavior or habit to stop the previous one. I have achieved this accomplishment without any trade or replacement as discussed in the lecture (Shumway & Kimball, 2012).

 Through my experience, I learned that addiction is real and complex. The main factor that impacts this process is our mental demand and status. It is not easy for addiction if there is no support or self-determination. Everyone should try to adopt a positive attitude and behavior in the first place and avoid behavior which is negative or bad right away to make life easier and healthy.

**References**

Shumway, S.T., & Kimball, T.G. (2012). Six Essentials to Achieve Lasting Recover. Center

City, MN: Hazelden.