



The psychology of habits

Kelly Armatage explains why we do what we do

So often we judge ourselves or others for what we/they do. All the time, we hear opinions such as: "How could he/she do that?" "I can't believe I overate/procrastinated/got angry again."

Yet this is insanity. This is illusion. This is delusion. Why? Because we have not learnt the truth of why we, and others, do what we do.

Every single human being on the planet has a painted canvas: A picture of habitual patterns; a picture of learnt behaviour; a picture of practices; a picture of rituals; a picture of routines; a picture of habits; a picture of how to act; a picture that shows behaviour in every area of life. Every human being is taught negative, learnt habits and positive, learnt habits.

A picked-up habit is a behaviour that was observed by an individual, and modelled as they perceived or were conditioned to see 'the benefits' of acting this way. What is fact is that no two canvases and no two pictures are the same; we all have different strokes. No two works of art

are identical. No two people act consistently the same in every single area of their lives. No two people have exactly the same picked-up habits. No two people have the exact learnt behaviour.

An individual may be taught to work hard and to eat healthy, and yet be controlling in relationships. Similarly, another individual may have been taught to procrastinate on their goals, yet love people unconditionally. No two people have the same paint.

The paint is your habits. Your picture of habits is different to anyone else's picture of habits. Each person has a painted picture of picked-up habits.

Our picked-up habits are wired in subconsciously at a neural pathway level and many of these behaviours were wired in during our formative years. These neural pathways are major highways in our brains, major grooves, and it is difficult to change them because they are so wired in.

New beliefs, new thinking, new patterns of habit correspond with neural pathways that are very small and undeveloped. When we create a new picked-up habit, it is important that we become

conscious that we are up against the biology of our original wiring and to never judge that original wiring. It is through the acceptance (non judgement) of the old wiring and picked-up habit plus a plan to go forward, that new wiring and change can occur.

"Forgive them for they do not know what they do." This statement is created by a sane mind, a mind that understands the truth of humanity, the truth of life, the truth of evolution, the truth of conditioned reality. The truth of picked-up habits for secret payoffs.

If we added another statement such as, "I forgive myself, for I do not know what I do," we go into observation, we go into acceptance, we go into understanding, we go into self-awareness, we go into sanity.

It is only from this place that we are able to make true change in our own lives by:

- a) making a plan to go forward for our own change and,
- b) by changing our relationship with others through the non-reaction of their picked-up habits.

If these picked-up habits are so conditioned, so ingrained, so wired in on a subconscious level, why would we ever judge ourselves or others for how we behave? Our minds love to judge the picked-up habits of ourselves and the picked-up habits of others, in an insane way!

We judge ourselves because we have been conditioned to be happy, and only happy when we have a certain thing or if things are a certain way. We judge ourselves because we do not accept the picked-up habits we have acquired en route, we do not have compassion for our learnt behaviours. We do not accept each painted stroke on our life picture. We automatically assume things should just be different. The only way things can be different is via acknowledgement of the truth, through observation, compassion and understanding of the picture and why we do what we do, and then the motivation to change it and the motivation to create a new work of art.

The only way we can change other people's picked-up habits and behaviours is to open their skull, reach into their neural pathways, twist



The only way we can change our behaviour is to:

- a) Be aware of our picked-up habits, through observation and understanding which is NON-judgement and then
- b) The desire to wire in a new habit.

Acceptance of the wiring of ourselves as individuals is the truth. Acceptance of the wiring of others as individuals is the truth. Why we all do what we do? We do it because we were shown, conditioned, controlled, guided, cultured, advised, scolded and pushed to behave that way. We were shown the paint. We do it because we saw the 'positive' benefits of acting that way. They do it because they saw the 'positive' benefits of acting that way. They were shown the paint.

The paint (current picked-up habits and behaviours) on our picture is from our past conditioning. We cannot judge that. The paint (their current picked-up habits and behaviour) on their pictures is from their past conditioning. We cannot judge that. We are all a collection of paintings, every one deeply different to the other. Let us marvel at, accept, observe and understand each stroke of paint on every painting. This is how true peace and a chance for change can occur. ✨



them into the wiring that we would like, then put their skull back on. Only then can we have safety in the knowledge that they will behave to our liking.

BE YOUR OWN COACH

Kelly Armatage is the Founder of A.S.K. A Serenity Kit, a free 3-step technique designed to change negative thoughts, emotions and behaviours in all aspects of your life. Its purpose is to transcend any emotional pain and/or behaviour from the darkest of dark into the lightest of light. Using A.S.K. will ensure a new path of fresh understanding, a new path of acting in ways that serve you, a new path of serenity. For more information on learnt behaviours and subconscious pay-offs see www.aserenitykit.com