


How to change bad habits


by Emmy Marques and Marie-Pier Lefèvre

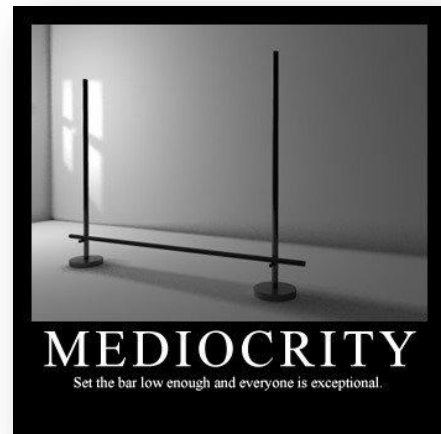
Introduction

- 1) What does the title tell you about the main idea of the text?
- 2) Do you have any bad **habits** that you would like to change?
- 3) Can you give me an example of a good **habit** that you would like to develop?
- 4) What bad **habit** does this picture reflect? 
- 5) Did your parents **raise** you to have **healthy habits**?



Vocabulary

- 1) Did you ever try to change one of your **habits**? If yes, did it take some **trials** and errors before it changed?
- 2) What kind of **snacks** do you like to eat?
- 3) Do you think **motivation** alone is enough to **trigger** new **habits**?
- 4) What does it mean to **set the bar low**?
Look at the picture to help you answer.
- 5) How many **pounds** do you think the lady in the first picture weighs? 
- 6) Did you ever make **New Year's resolutions** concerning your **behavior**? If so, what were they? Did they come true?



Summary

The main idea of the text is to inform the general population about how to change bad habits.

Production task

The tutor is the tutee's doctor and the tutee is someone who's been having bad habit problems for many years.

Tutee: You seek the help of a doctor. You have to your doctor and explain bad habits you've had for years.

Tutor: Ask the tutee questions about their bad habits, concerning the cue (the trigger that initiates a behavior), the routine and the reward to find the cause behind his/her actions.



call