

HABITS: a Critical Analysis

Dimensions:

Physical, physiological, emotional, intellectual, cultural, ethnic, philosophical, religious

Range:

Speech, feelings, behavior, thoughts, beliefs, personal appearance, preferences

Origins:

Cultivated

Chosen

Necessity

Reactive

Trial and error

Path of least resistance

Conditioned

Reflexive

Autonomic

Default

Purpose served:

Comfort level

Balance/equilibrium

Self-preservation

Conformity

Belonging

Avoidance

Path of least resistance

Sense of well being

Identity

Existential Conclusion:

At this stage of life, I'm nearly running on auto pilot.