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**Nervous Habit – You Can Break It In A Few Days**

**By MalaMaal.com**

Nervous Habit – You Can Break It In A Few Days

If you have a nervous habit you'd like to break, don't pull your hair out. You can put an end to fingernail-biting or hair-twisting in a matter of several days – and you can do it on your own.

The following 4-step plan will help you put an end to your nervous habit for once and for all.

Recognize your bad habit. Increase your awareness of it by acting it out in front of a mirror. Try to keep track of how many times during the day you fall into your habit.

Devise a replacement action. If you're a hair-puller, start carrying a brush and brush your hair each time you get the pulling or twisting urge. A nail-biter should learn to substitute filing his or her nails rather than biting.

Bring your habit out of the closet. Advise your work cohorts and family that you are attempting to break your nervous habit. Ask them to remind you when they catch you falling into your habit.

Learn to take it easy. Relaxation will help you put an end to a nervous habit. When you are too keyed up, your nervous habit takes over, so learn to do some deep breathing when you begin to feel uptight about something.

Your biggest hurdle in overcoming your nervous habit is in recognizing it. Once you do this and really decide you want to break it, you have done the hardest part. Good luck.

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## **The Write Habit: How to Strengthen Your Writing Muscle**

**By Katey Coffing, Ph.D.**

Writing is a muscle that needs exercise to stay in shape.

I realized how true that saying is when I took what I called "a well–earned break" after I finished my first novel. The last few days of writing that novel felt as sweet as whipped cream—I was in a writing groove, humming along. I figured I'd take a little hiatus for a few days, then start my second book. No problem.

Those few days stretched into a week. Soon two more weeks wandered by and thumbed their noses at me. I felt guilty every time I passed my PowerBook. Then I began to avoid the computer altogether, a beautifully self–defeating habit.

Finally, twitching with dread after more than a month away, I sat down at the screen and began my next novel. Trying to write after that time away was torture. My neglected writing muscle had become flabby and whiny. It protested my sudden demands and resented being drafted to work.

For many people, the key to productivity is making writing a habit. Consistent writing breeds easier writing. If that's true for you, create a new habit.

Make a commitment to a certain amount of writing every day—a length of time or a number of words or pages to reach before you lift your butt off your chair. Each day when you've reached your goal, do something nice for yourself.

## Nervous Habit – You Can Break It In A Few Days

One of my published clients who loves email has chosen to write five pages each weekday before she can log in. She made getting her email a reward for completing her writing goals, and every time she slows down with her writing she remembers how much she wants to read her newsgroups and see her friends' replies. That spurs her to complete her pages, and she feels doubly triumphant when she hears "you've got mail!"

Is email not a good enough carrot for you? Find one that is, then earn it. Setting goals and rewards that make you want to keep writing create a great habit that's win/win.

Write away!

Katey Coffing, Ph.D. is a novelist and book coach who helps women delight in writing (and finishing!) their books. Visit her at

<http://www.Women-Ink.com/>

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To receive additional articles and tips for women writers, subscribe to Katey's ezine, The Write Calling,

at

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