



# Why Am I Still Doing This?

A guided journey into the patterns, emotions, and hidden needs behind your habits

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### Introduction

There's a moment most people don't talk about.

It's the moment after.

After you said you wouldn't. After you tried to stop. After you told yourself, *this time will be different*.

It's not just frustration—it's confusion.

Because part of you truly wants to change... and another part of you keeps pulling in the opposite direction.

This workbook lives in that space.

Not to judge it. Not to rush past it. But to understand it.

Because your habits—no matter how destructive they may feel—are not random. They are responses. Patterns. Attempts to cope, to protect, to manage something underneath the surface.

The more clearly you can see what's really going on, the less power the habit begins to hold.

This is where that clarity begins.

## Does this sound familiar?

It often doesn't look dramatic from the outside. There's no visible storm, no obvious crisis. But inside, it can feel like a constant, low-grade war—one that never fully stops, even on the “good” days.

There's a quiet tug-of-war happening almost all the time. One part of you genuinely wants to stop. It's not superficial—it's rooted in something real: a desire for self-respect, for clarity, for control, for a different kind of life. You imagine what it would feel like to wake up without regret, to move through the day without that background noise of guilt. You picture yourself being more present, more consistent, more...whole.

And yet, there's another part—just as real, just as persistent—that pulls you back.

This part doesn't always feel like an enemy. Sometimes it feels like relief. Like comfort. Like the only reliable way to take the edge off. When stress builds, when emotions get too loud or too unclear, the habit steps in almost automatically. It whispers: *Just this once. You need this. You've had a hard day.* And in those moments, that voice can feel more convincing than any long-term goal.

Afterward, though, the tone changes.

There's often a crash—not always dramatic, but familiar. A heaviness. A quiet disappointment. Sometimes it shows up as harsh self-talk: *Why did you do that again? What's wrong with you?* Other times it's more subtle, like a dull sense of being out of alignment with yourself. You know you've crossed a line that you set, even if no one else sees it.

That's where one of the deeper struggles lives: the gap between who you believe you could be and what you keep doing.

That gap breeds insecurity. Not just about the habit, but about your character. You start to question your own reliability. *If I can't trust myself with this, what else can't I trust myself with?* It chips away at confidence in ways that aren't always obvious but are deeply felt.

There's also fear—more than you might admit out loud.

Fear that you'll never fully get a handle on it. That this is just “who you are.” That no matter how many attempts you make, you'll keep circling back here. There's a quiet dread of permanence, of being stuck in a loop you can't break.

But there's another fear, too—one that's harder to recognise.

The fear of what happens if you *do* stop.

Because the habit, as much as it causes frustration, also serves a purpose. It fills space. It softens certain feelings. It distracts from things you don't quite know how to face yet.

Without it, there's a question: *What replaces it? What do I do with all that discomfort?* The unknown can feel just as intimidating as the struggle itself.

This internal conflict often spills into daily life in subtle ways.

At home, there might be moments of withdrawal—choosing isolation over interaction, not because you don't care about others, but because you feel slightly off, slightly ashamed, or simply drained from the mental battle. You may avoid certain conversations or situations where you'd have to confront how you're really doing.

In social settings, you might appear completely fine—engaged, even upbeat—but there's often a layer underneath. A sense of not being fully present. Part of your attention is elsewhere, either anticipating the next opportunity to engage in the habit or replaying a recent slip.

There can also be a tendency to overpromise and underdeliver—to say, *"I'm going to change this time,"* and genuinely mean it, only to feel the weight of that promise later when it becomes harder to keep. That cycle can strain relationships, especially with people who don't fully understand what's happening internally.

And then there are the small, quiet moments—late at night, early in the morning—when everything slows down and it's just you and your thoughts.

Those are often the clearest moments.

You can see the pattern. You can see what it's costing you—not just in obvious ways, but in lost time, lost energy, lost confidence. You think about the person you want to become, the life you want to build. There's often a surprising amount of hope in these moments. Not blind optimism, but a grounded sense that change *should* be possible.

You don't lack awareness. You don't lack desire.

What you struggle with is consistency, and the emotional weight that comes with repeated attempts.

Each time you try and fall short, it's not just a failed attempt—it feels like evidence. Evidence that maybe you don't have what it takes. Evidence that your motivation isn't strong enough. Even though, logically, you might know that change is messy and nonlinear, emotionally it can feel like you're just proving your own limitations.

Still, you keep trying.

That's the part that often gets overlooked. Despite the frustration, despite the setbacks, there's persistence. You haven't fully given up. Something in you keeps coming back to the idea of change, keeps revisiting the possibility of doing things differently.

And underneath everything—the fear, the insecurity, the frustration—there's a quieter truth:

You don't actually want the habit.

You want what you believe it gives you—but in a way that doesn't cost you your sense of self.

You want peace without regret. Relief without consequence. Control without constant effort. You want to feel aligned with your own values, to trust yourself again, to move through life without that internal friction.

And even if you haven't figured out how to get there yet, the fact that you're aware of the struggle—that you can feel the tension, name the conflict, and still hope for something better—means you're not as stuck as you sometimes believe.

# What questions do I need to ask myself?

Here are 30 deep, introspective questions designed to help you understand *why* you're struggling to quit a habit—and to uncover a path forward. These aren't surface-level prompts; they're meant to slow you down and make you confront what's underneath the behaviour.

## Understanding the Habit Itself

1. What does this habit *give me* that I'm afraid to lose?
2. When I engage in this habit, what feeling am I trying to create or escape?
3. What need is this habit meeting that I'm not addressing in a healthier way?
4. If this habit could speak, what would it say it's protecting me from?
5. When did this habit first begin, and what was happening in my life at the time?
6. Do I truly want to quit, or do I feel like I *should* want to quit?

## Emotional & Psychological Drivers

1. What emotions most often precede this behaviour?
2. What am I unwilling to feel or face without this habit?
3. How do I feel immediately after engaging in it—and what does that reveal?
4. What patterns do I notice in the times I relapse?
5. Is this habit tied to stress, boredom, loneliness, or something deeper?
6. What part of me still believes I *need* this habit?

## Identity & Self-Perception

1. How does this habit shape the way I see myself?
2. What identity would I have to let go of to quit this habit?
3. Who would I become without it—and does that version of me feel unfamiliar or uncomfortable?
4. Do I believe I'm capable of change, or do I secretly doubt it?
5. What story have I been telling myself about why I can't stop?

## Resistance & Inner Conflict

1. What am I afraid will happen if I successfully quit?
2. What am I holding onto by staying the same?
3. Where in my life do I resist structure, discipline, or discomfort?
4. Am I trying to quit in a way that feels like punishment rather than growth?
5. What would "failure" mean to me in this process—and why does that matter so much?

## Environment & Triggers

1. What environments, people, or routines reinforce this habit?
2. What small cues or moments tend to trigger it automatically?
3. Have I made it too easy to continue and too hard to stop?
4. What would need to change in my daily life to support a different choice?

## Clarity & Moving Forward

1. What is one brutally honest truth about this habit that I've been avoiding?
2. If I were fully committed to change, what would I do differently starting today?
3. What is one small, realistic step I can take *right now* to interrupt this pattern?
4. Who could I involve or what support could I seek to stop doing this alone?

These questions aren't meant to be answered all at once. The real value comes from sitting with them, journaling honestly, and noticing what feels uncomfortable—that's usually where the insight is.

## Found This Useful?

I really hope that you have got value and insight from the questions.

However, there's one problem with self reflection - blind spots.

Everyone has blind spots that they cannot see, and for most people it's their blind spots which hold them back.

Trying to quit a bad habit without seeing your blind spots is like trying to untie a knot behind your back.

You can feel the tension. You know something is tangled. You keep pulling at it, twisting, tightening, loosening—trying different approaches. Sometimes it even seems like you're making progress.

But because you can't actually *see* the knot, you keep tightening the very loops you're trying to undo.

That's what blind spots do.

They hide the part of the problem that's actually maintaining the habit—the emotional payoff, the trigger you don't recognise, the belief you haven't questioned. So you end up working hard, making real effort, but applying it in the wrong direction.

And over time, it gets frustrating. Because from your perspective, you're trying. You're doing *something*. Yet the knot never fully comes undone.

The moment you bring the knot into view—when you finally see how it's looped, where it's pulling from, what's actually holding it together—that's when your effort starts to work *with* you instead of against you.

The struggle wasn't a lack of effort.

It was that you were working on something you couldn't yet see.

That's where I can help...

I specialise in a type of coaching that helps people see the blind spots caused by not truly understanding the way the human experience is created.

I have spent over 20 years in teaching and supporting people and spent £1000s and countless study hours on my own personal development to specialise in this type of coaching.

Click [here](#) to email me to arrange an introductory call and a free experience of my coaching.

You can read more about me and what I have to offer at [thebusymindcoach.com](https://thebusymindcoach.com)

Whether you decide to contact me or not, I wish you well on your journey to kick your habit.