



ANSWER YES TO ALL OF THESE AND KNOW IT'S A **10** BAD HABIT



1

Do you do this without even knowing?

2

Do those closest to you say something about it?

3

Do you need other people to point it out to you?



4

Is it something that you want to change?

5

Is it something that is harmless but annoying?

6

Do you not like when it happens or the after effects?



7

Does it not hurt yourself or others?

8

Do you do this a lot?

9

Is this a repetitive action?

10

Will you do it alone and with other people around?



BE KIND
TO YOUR
MIND