

LITTLE MENTAL TRICKS

to help with self-control

Sensory anchors

You've been so good all day, but then you see your kid's half-eaten leftover muffin on the counter, and even though you *want* to resist it, the force is just So. Damn. Strong!

Self-control often feels like a battle happening in your mind. One of the best ways to win that battle is to bring it out of your mind and into your body - into something tangible. We call these sensory anchors.

They are small physical actions or sensations that help **interrupt the automatic urge** to give in to temptation. They create just enough space for your conscious brain to step in and take over the decision-making.



Why it works

When you pair a physical sensation with the act of resisting a temptation, you're training your brain to associate that sensation with success. The more your brain experiences the sensation paired with the desired outcome (resisting that damn muffin!), the more naturally and easily the outcome will follow the sensation in the future.

Try these:

Pick 1 or 2 that speak to you. Start practicing them right away. Trust me - you'll have plenty of opportunity! You're not just distracting yourself - you're creating new neural pathways for discipline and self-control.

- **Say "No" out loud.**
It sounds simple, but hearing your own voice adds a layer of commitment
- **Say "That's not for me."**
You're reinforcing your identity as someone who makes better choices.
- **Bite your lips gently.**
The mild discomfort brings your awareness back into your body.
- **Snap a hair tie on your wrist.**
A quick jolt to interrupt the urge.
- **Make fists and squeeze hard.**
Muscle tension can help redirect your mind.
- **Rub your thumb and forefinger together slowly.**
Focusing on the texture is a mindfulness cue that can help you ride out the urge.
- **Tap your foot rhythmically.**
Replaces anxious energy with structured movement.
- **Put your hands in your pockets.**
You're telling yourself "I'm in control of what I do with my body."