

Open Your Class With This Tomorrow *Mean Genes*

Directions

One of the goals of Mean Genes is to help readers change bad habits that their genes may encourage. In the section of the book titled Reflections on the Conclusion of Mean Genes they provide four basic strategies for overcoming negative behaviors. Using these four strategies (listed below) first identify a behavior that you would like to modify and secondly attempt to implement these strategies for the next 10 days. The authors believe that the creation of a specific plan using these strategies can help individuals to change behaviors and lead a more productive and healthier life.

Strategy 1: Rely on willpower

Strategy 2: Create an alternative behavior than the one that is causing problems.

Strategy 3: Remove (or reduce) the ability to engage in this negative activity.

Strategy 4: Create a plan to change your desires before the desire arises.

Behavior to be modified

How will the strategies listed above be used to change your behavior for the next ten days? Be as specific as possible.

Strategy 1

Strategy 2

Strategy 3

Strategy 4

Follow Up

What was the result of your 10-day behavioral modification? Explain how the strategies helped you become successful or why the trial did not work and what you might change in the future to be more successful?
