[**8 Reasons Why It's so Hard to Really Change Your Behavior**](https://www.psychologytoday.com/us/blog/neuronarrative/201707/8-reasons-why-its-so-hard-really-change-your-behavior) **[[1]](#footnote-1)**

Long-term behavior change is one of the hardest challenges we'll ever face.

*“Changing our behavior is a* ***self-engineering challenge*** *with few equals. I’m talking about long-term, sustained change, not short-run bursts that sputter out before real change happens. Whether the change involves*[*diet*](https://www.psychologytoday.com/us/basics/diet)*, exercise, habits, dependencies, or anything else, changing behavior is one of the hardest things any of us will ever try to do. This is a well-researched area, and quite a lot is known about why sustained change is tremendously difficult. Here are eight of the primary reasons . . . .”*

1. <https://www.psychologytoday.com/us/blog/neuronarrative/201707/8-reasons-why-its-so-hard-really-change-your-behavior> downloaded 27DEC2019 [↑](#footnote-ref-1)