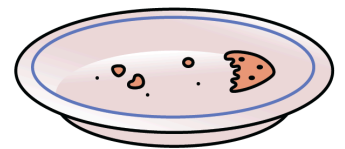
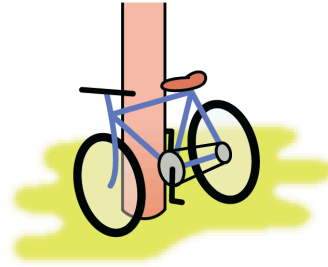
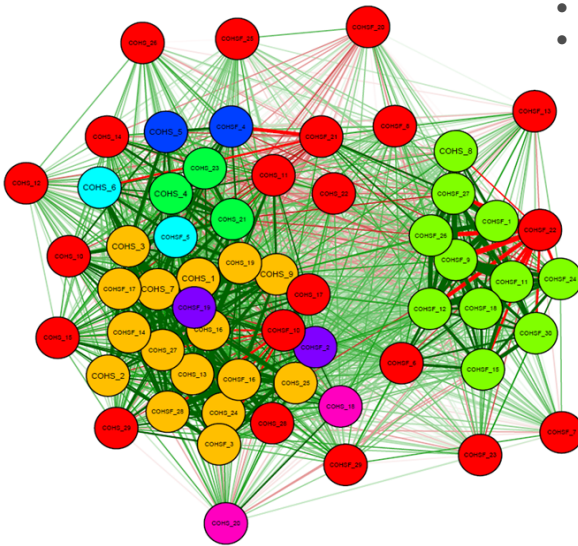


Creature of Habit Scale (COHS)

● Routine behaviour

- *I like to park my car or bike always in the same place.*
- *I generally eat the same things for breakfast every day.*



● Automaticity

- *Whenever I go into the kitchen, I typically look in the fridge.*
- *I often find myself finishing off a packet of biscuits just because it is lying there.*