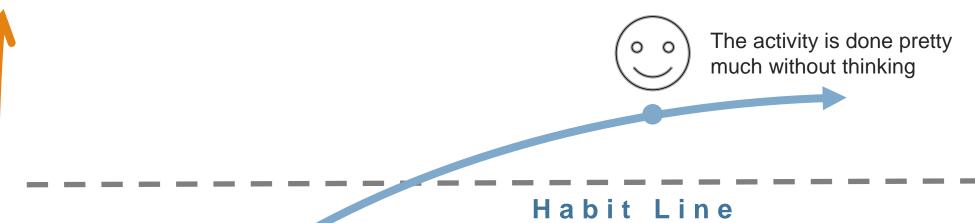
Automaticity And The Habit Line

Automaticity is the ability to perform a task, activity, or behavior without thinking about each step in the process. Such automation requires lots of practice, but a new habit is formed with enough repetitions. Automaticity is achieved when the Habit Line is crossed.





The activity is more manageable but still requires attention



The activity requires a great deal of effort and focus



Repetitions