

# Verb (Dict/Negative) + ようになります

**The "Habit Switch"**  
(Start / Stop doing as a habit)

*Since  
when do  
you jog?!*

**The "Habit Switch"**  
(Start / Stop doing as a habit)





# A Shift in Daily Routines

A void of good habits.

SO TIRED...  
NO ENERGY...  
SAME OLD  
ROUTINE...

**SLUMP!**

**ZOMBIE  
MODE**

**SIGH...**



In our last lesson, we used the Potential form for gaining a physical ability. But using the standard dictionary or negative form means you are talking about a change in your **habits** or **lifestyle**!

Possession of a  
valuable new routine.

AWAKE!  
FEELING GREAT!  
NEW HABITS  
ARE THE KEY!

**REVITALIZED!**

**NEW DAY!**





# Dict / Negative Form + ようになります

Stasis Blue Zone

Action Red Zone

Lifestyle Dial

[のまない  
(Don't drink - Negative)]  
+ [ようになりました]  
→ Stopped drinking

Off

On

[たべる (Eat - Dict form)]  
+ [ようになりました]  
→ Started eating regularly

Use the Dictionary form  
if you **started** a new habit,  
or the Negative 'Nai-form'  
if you **stopped** an old one!







[まいにち]  
(Every day)

[やさいを]  
(Vegetables)

[たべる]  
(Eat - Dict form)

[ようになりました。]  
(Reached the point of)

SNAP!

を FUSE!

FUSE!

COMPLETE!

まいにち やさいを たべる ようになりました。  
(I started eating vegetables every day.)



# Raya's Hack

Verb (ない-form) +  
**ようになりました**  
(Stopped doing...)

DEAD HABIT.

Does it have a heartbeat?  
No? If you quit a bad habit,  
just use the 'Nai-form'!  
*Sake o nomanai you ni narimashita*  
= I stopped drinking.



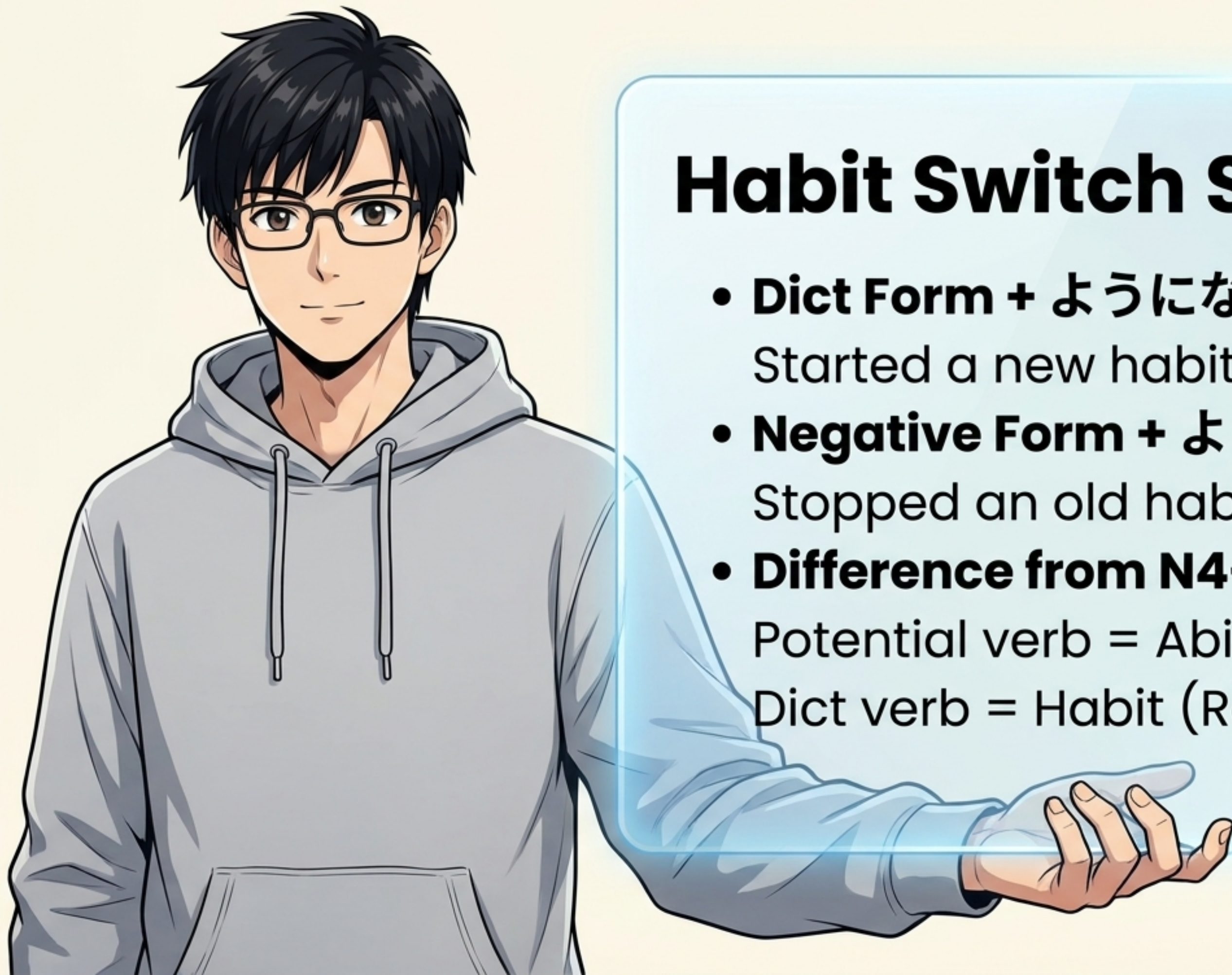
「1km おおよぐ  
ように  
なりました!」

⚠ Don't do this! ✖  
Habit vs. Skill Level-Up

Joy!  
If you learned  
a brand-new  
physical skill  
(like swimming),  
you must use the  
Potential form  
(\*oyogeru\*).  
Using the plain  
form (oyogu\*)  
you already knew  
how to swim, but  
you just made it  
a routine!







# Habit Switch Summary

- **Dict Form + ようになります:**  
Started a new habit / routine.
- **Negative Form + ようになります:**  
Stopped an old habit / routine.
- **Difference from N4-G-035:**  
Potential verb = Ability (Can do).  
Dict verb = Habit (Routine). ⚠