

WORKING WITH ADDICTIONS – PART 1

Beliefs

Do you believe you can change? YES NO

If you answer “No,” you need to go somewhere else for help. I can’t help someone change if they are unwilling to change. Decide now whether you’re ready to try a new approach to feeling better than you feel with your addiction.

Do you agree that “Once an addict, always an addict”? YES NO

If so, this is the first adjustment to be made. You can’t become what you don’t believe you can become.

Briefly, what are your beliefs about your addictive behavior?

Who is responsible?

Do you believe you are responsible for your addictive behavior? YES NO

If not you, then who is responsible for your recovery to move forward?

What do you need in order to take responsibility for your addiction?

Is it within your power to acquire this? YES NO

What is the first step you can take?

Are you ready to take this step today? YES NO

If you answered “No,” what is a good time to take this step?

After you take this step -- do you feel ready to accept responsibility and move forward?

YES NO

If “No,” go back to “Who is Responsible?” and work through this step until you answer YES.

You are the Director of your Life

Why do/did you turn to this habit? (Not just that you don’t feel in charge of your urges.)

List other choices you *could* have made that do not include turning to drugs or alcohol or gambling or sex.

Could one of these solutions work for you now as a way to stay addiction free? YES NO

If “No,” what’s a resource that might work better for you today?

How can you re-remind yourself that this resource is available if you get depressed, bored, angry, frustrated, or feel stressed and notice an urge to re-manifest an old habit?

If you could create a brand new you, what would you look like? Describe.

New Self-Talk

You will be adjusting this image as we progress, so this is a start. Remember that choices can be changed. Consequences of actions often cannot be reversed, so it’s a good idea to think twice before making choices that your new you would never make.

Begin a list of positives (Happy things): Favorite color, song, place to visit, hobby, skill, temperature, person/people, etc. Include power statements: I CAN..., I DESERVE..., I AM... CAPABLE... (all present tense).

I AM FREE TO MAKE NEW CHOICES!
