**MY ADDICTION/ADDICTIONS**

**WHAT IS IT THAT PULLS ME LIKE A MAGNET TOWARD IT?**

**HOW CAN I BREAK FREE FROM THE STRONG HOLD IT HAS OVER ME?**

**MY ADDICTION: MY ADDICTION:**

 **WHY DO I GIVE IT CONTROL OVER ME? WHY DO I GIVE IT CONTROL OVER ME?**

**HOW CAN I GAIN CONTROL OVER IT? HOW CAN I GAIN CONTROL OVER IT?**

**MY ADDICTION: MY ADDICTION:**

 **WHY DO I GIVE IT CONTROL OVER ME? WHY DO I GIVE IT CONTROL OVER ME?**

**HOW CAN I GAIN CONTROL OVER IT? HOW CAN I GAIN CONTROL OVER IT?**

**MY ADDICTION: MY ADDICTION:**

 **WHY DO I GIVE IT CONTROL OVER ME? WHY DO I GIVE IT CONTROL OVER ME?**

**HOW CAN I GAIN CONTROL OVER IT? HOW CAN I GAIN CONTROL OVER IT?**

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**WITH ADDICTION I MUST FIGHT MY OWN THOUGHTS**

**WHEN CRAVINGS ARE STRONG, WHAT TEMPTING THOUGHTS DO I GET?**

**TO HELP PREPARE FOR FUTURE CRAVINGS WRITE DOWN EACH THOUGHT AS THEY OCCUR. THEN CHANGE EACH ONE INTO THREE STRONG, POSITIVE THOUGHT OPTIONS**

**TEMPTING THOUGHT:**

**TURN THIS THOUGHT INTO THREE POSITIVE STATEMENTS**

1.

2.

3.

**TEMPTING THOUGHT:**

**TURN THIS THOUGHT INTO THREE POSITIVE STATEMENTS**

1.

2.

3.

**TEMPTING THOUGHT:**

**TURN THIS THOUGHT INTO THREE POSITIVE STATEMENTS**

1.

2.

3.

**TEMPTING THOUGHT:**

**TURN THIS THOUGHT INTO THREE POSITIVE STATEMENTS**

1.

2.

3.

**TEMPTING THOUGHT:**

**TURN THIS THOUGHT INTO THREE POSITIVE STATEMENTS**

1.

2.

3.

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 **WITH ADDICTION I MUST FIGHT MY OWN THOUGHTS – (EXAMPLES)**

**WHEN CRAVINGS ARE STRONG, WHAT TEMPTING THOUGHTS DO YOU GET?**

**WRITE DOWN EACH THOUGHT AS THEY OCCUR. THEN CHANGE EACH ONE INTO THREE**

 **STRONG, POSITIVE THOUGHT OPTIONS TO HELP PREPARE FOR FUTURE CRAVINGS**

**1. CRAVING THOUGHT: GIVING IN JUST A LITTLE WILL MAKE ME FEEL BETTER**

**TURNING TEMPTING THOUGHT INTO A STRONG, POSITIVE THOUGHT**

**- DEALING WITH SHAKINESS AND OTHER SYMPTOMS IS WORTH NOT GIVING IN**

**- GIVING IN TO MY THOUGHTS WILL MAKE MY BODY FEEL MUCH WORSE**

**- I CAN AND WILL MANAGE THE SYMPTOMS WITHDRAWAL AND CRAVINGS CREATE**

**2. CRAVING THOUGHT: I NEED IT**

**TURNING TEMPTING THOUGHT INTO A STRONG, POSITIVE THOUGHT**

**- I DON’T NEED IT! I HAVEN’T HAD IT FOR \_\_\_\_\_\_\_\_\_\_ (FILL IN HOW LONG)**

**- I NEED THE CRAVING THOUGHTS IN MY HEAD TO GO AWAY. LEAVE ME ALONE!**

**- I’VE WORKED TOO HARD, TO GIVE IN NOW. NO I DO NOT NEED IT!**

**3. CRAVING THOUGHT: I’M STRONG ENOUGH TO BE AROUND OTHERS DOING IT**

**TURNING TEMPTING THOUGHT INTO A STRONG, POSITIVE THOUGHT**

**- THIS IS A HUGE LIE AND TEMPTATION! IT IS MUCH BETTER FOR ME TO STAY AWAY!**

**- NO! SEEING OTHERS DOING IT WILL INCREASE CRAVINGS/WITHDRAWAL SYMPTOMS**

**- YES I AM STRONG ENOUGH TO BE AROUND OTHERS BUT I’M NOT GOING TO RISK IT**

**4. CRAVING THOUGHT: I HAVE THE WILL-POWER TO BE AROUND IT/SEE IT**

**TURNING TEMPTING THOUGHT INTO A STRONG, POSITIVE THOUGHT**

**- I WILL NOT GO WHERE MY ADDICTION IS! NO! I DO NOT WANT TO SEE IT!**

**- NO! TO BE TRUTHFUL I DON’T TRUST WILL-POWER! THIS IS A CRAVINGS LIE!**

**- ADDICTS HAVE VERY LITTLE WILL-POWER, SO NO I DON’T WANT TO SEE IT**

**5. CRAVING THOUGHT: IT’S OK TO GIVE IN**

**TURNING TEMPTING THOUGHT INTO A STRONG, POSITIVE THOUGHT**

**- NO THAT’S A LIE, EVEN JUST ONE WILL LEAVE ME WANTING MORE**

**- NO, IT’S NOT OK TO GIVE IN! I’M HEALING AND DON’T NEED OR WANT IT ANYMORE**

**- NO I REFUSE TO GIVE IN TO MY LYING BRAIN! I WILL NOT GO BACK TO HOW I WAS**

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**WHAT ARE THE CONSEQUENCES OF GIVING IN TO MY ADDICTION(S)?**

 **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **30.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **32.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **36.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **42.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **43.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **44.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **45.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **46.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **22.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **47.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **48.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **49.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **50.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **I’VE WORKED TOO HARD TO GIVE IN NOW!**

**IS IT REALLY WORTH THE AFTER AFFECTS?**

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 **WHAT HAVE I LEARNED FROM PAST TIMES OF WEAKNESS?**

 **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 **I’M NOT A FAILURE! I WILL LEARN ABOUT ME TO FIGHT FOR A BETTER LIFE!**

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 **STEPS OR THINGS I MUST DO TO GET BACK ON TRACK AFTER A WEAKNESS**

 **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 **I AM WILLING TO SEEK SUPPORT! IT’S HARD - BUT I CAN STOP AGAIN!**

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