

LIVING WITH ADDICTION



MY BATTLE PLAN

I HAVE THE ABILITY TO BREAK FREE!

CREATED BY GALLERY OF HOPE

LIVING WITH ADDICTION



**MY BATTLE PLAN
I HAVE THE ABILITY TO BREAK FREE!**

CREATED BY GALLERY OF HOPE

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?

<p>MY ADDICTION: WHY DO I GIVE IT CONTROL OVER ME?</p> <p>HOW CAN I GAIN CONTROL OVER IT?</p>	<p>MY ADDICTION: WHY DO I GIVE IT CONTROL OVER ME?</p> <p>HOW CAN I GAIN CONTROL OVER IT?</p>
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WHAT ARE THE REASONS WHY I WANT TO OVERCOME THIS ADDICTION?

**THINK ABOUT THIS QUESTION, DIG DEEP FROM WITHIN MY HEART.
THEN WRITE DOWN THE REASONS WHY I WANT TO OVERCOME THIS ADDICTION.**

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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

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TEMPTING THOUGHT:

TURN THIS THOUGHT INTO THREE POSITIVE STATEMENTS

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TEMPTING THOUGHT:

TURN THIS THOUGHT INTO THREE POSITIVE STATEMENTS

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

WHEN CRAVINGS ARE STRONG, WHAT TEMPTING THOUGHTS DO I 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

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

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**I'VE WORKED TOO HARD TO GIVE IN NOW!
IS IT REALLY WORTH THE AFTER AFFECTS?**

WHAT HAVE I LEARNED FROM PAST TIMES OF WEAKNESS?

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IT'S A SHORT-LIVED PLEASURE! I'M NOT A FAILURE! IT'S NOT WORTH IT!

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

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

THINGS THAT HELP ME REMAIN STRONG

WRITE DOWN WHAT ACTIVITIES, PEOPLE, ITEMS, ETC, HELP ME STAY STRONG.

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WHAT ARE MY STRENGTHS AND MOTIVATION TO HELP ME SUCCEED?

**OVERCOMING ADDICTION IS CHALLENGING BUT WITH HARD WORK IT CAN BE DONE.
WRITE DOWN MY STRENGTHS AND WHAT MOTIVATES ME TO BE A SUCCESS.**

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