

Thought/Addiction Reflection

BENEFITS OF USING:

What is it I like about my compulsive habit?

What good does it do for me?

What am I afraid my life would be like if I did not engage in this behavior?

What bad feelings (anger, frustration, stress, depression, etc.) does this help me deal with?

What positive feelings does this behavior make even better?

How does my compulsion help me to cope better?

How painful would it be to stop engaging in this behavior?

To what extent does this behavior ease or reduce physical pain or discomfort?

How concerned am I about experiencing urges or cravings?

How scary are my cravings?

How often and how much do I like to test my control for excitement (see how close I can come to the edge or how much I can drink or use)?

How much do I enjoy the high?

What exactly about the high do I like?

How much does this behavior help me socialize comfortably and fit in with others?

How much do I need this behavior in order to feel normal?

What does feeling normal mean?

How much do I use this behavior to help me cope with conflicts with others?

How much do I use to get back at others, society or the world? To show I can do what I want?

How much do I like the thrill or excitement of using?

BENEFITS OF QUITTING:

What is it I dislike about this substance or activity?

How does it harm me (be specific)?

What am I afraid my life will be like if I continue to engage in this habit?

How much more productive will I be once I give up my obsession? How much more time, energy and stamina will I have?

How will my health improve when I quit?

How much more money and success will I have?

How much will my self-respect and the respect of others for me increase?

How much more self-discipline, patience and power over my life will I have?

How much more clearly will I think?

How much will my memory improve?

What legal problems will I avoid?

How will my relationships and sex life improve?

How much better will I feel in the morning?

What pleasures will I experience that are difficult or impossible now? How will my appearance improve?

How much longer will my lifespan be?

How will my driving improve?

How much will my alertness and concentration improve?

How can I obtain the advantages of my compulsive habit in more effective, less costly ways?

