Name:			Date:	
	ubst			
Abu	se A	ddict	tion	
├─ What is your addi	liction and how long	have you been stru	iggling with it? —	
List the people, pla	aces, or situations t	nat trigger your a	ldictive behavior. ——	1
— Write down the negative cor	nsequences of your	addiction, both for	vourself and for other	· —
				- 1
Come up with	h positive alternativ	es to your addictiv	e behavior.	