

SUBSTANCE ABUSE ADDICTION

Name: _____

Addiction Type

What is your addiction and how long have you been struggling with it?

Triggers

List the people, places, or situations that trigger your addictive behavior.
This could include stress, boredom, social situations, or certain emotions.

Negative Consequences

Write down the negative consequences of your addiction,
both for yourself and for others.

Positive Alternatives

Come up with positive alternatives to your addictive behavior.

