

Addiction Identification Worksheet

Sample definitions: for **chemical addictions** and **behavioral addictions** (such as gambling, rage-aholism, sexaholism, workaholism, etc.):

- (1) A compulsive out-of-control relationship with a mood-altering substance or behavior that persists in spite of damage to self and/or other primary relationships.
- (2) Compulsive behaviors with short-term benefits, and long-term destruction.
- (3) Knowing it is bad for me, but I do it anyway.

Instructions: to determine your personal likelihood of being addicted

(1) List the behaviors in your life that might be addictive and/or compulsive:

A		D	
B		E	
C		F	

(2) Refer to your answers in the boxes above for each of the following questions and check all of the letters that apply for each question: (each question can have more than one box checked)

#	Questions	A	B	C	D	E	F
1	A pattern of out-of-control behavior.						
2	Severe consequences due to the behavior.						
3	Inability to stop despite adverse consequences.						
4	Persistent pursuit of this behavior despite knowing it is self-destructive.						
5	Ongoing desire or effort to limit this behavior.						
6	Obsessing and/or fantasizing about it as a primary coping strategy.						
7	Stronger doses of the substance or more intense experiences with the behavior because the current level of activity is no longer sufficient.						
8	Severe mood changes around use of this behavior.						
9	Inordinate amounts of time spent in accessing, being engaged with, or recovering from the experience of this behavior.						
10	Neglect of important social, occupational, or recreational activities because of this behavior.						
TOTALS:							

(3) Total up how many times you checked each letter in the above 10 sentences.

Score: (Once = high potential for problems, Three or more = indicates a high probability of an active addiction)

(4) Write your personal definition of addiction by completing this sentence in concrete behavioral terms, noting specific consequences: "Addiction in my life means..."
