



Addiction Assessment

Types of Addictions:

Substances

- Alcohol
- Cocaine
- Methamphetamine
- Nicotine
- Heroin
- RX drugs
- Caffeine
- Marijuana

Feelings

- Rage
- Fear
- Self-loathing
- Intensity
- Love

Process

- Sex (relationships, pornography, masturbation, fantasy)
- Work
- Exercise
- Video Games
- Food (Anorexia, bulimia and binge)
- Money (Gambling, Shopping, e-trading)
- Internet

Compulsive Attachments

- Seeking and staying with troubled people
- Pathological giving, rescuing, becoming a hero
- Intensity, drama and crises
- Impression Management
- Codependency
- Co-Addiction
- Traumatic Bonding

(Carnes 2009)

Write your primary behaviors:

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-
-
-
-
-



OVERCOMER'S WAY

Which words capture how you most frequently feel before/after these choices?

BITTER

GUILTY

BEWILDERED

HOPELESS

BORED

RESENTFUL

EMPTY

TRAPPED

SCARED

THREATENED

FURIOUS

ANGRY

CONFUSED

BETRAYED

BETRAYED

DESPAIR

ALONE

SAD

Moments when I realized I could no longer continue making these choices:





OVERCOMER'S WAY

Write your own story- What does your day look like when it includes you accessing most of your substances and behaviors. Reference the stories in the video for examples.