

# ADDICTION RECOVERY HOME WORK FORM

1. What was the trigger? \_\_\_\_\_

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2. How were you feeling just before you felt like drinking or drugging? \_\_\_\_\_

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3. What were you telling yourself just before you started to drink or drug? (Look for additional, hidden thoughts.) \_\_\_\_\_

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4. Which thoughts led to which addictive feelings and behaviors? What was the chain of thoughts, feelings, and actions? \_\_\_\_\_

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5. What did you do? \_\_\_\_\_

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6. What could you have told yourself? \_\_\_\_\_

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7. What could you have done? \_\_\_\_\_

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8. What emotions could you have pushed yourself to feel? \_\_\_\_\_

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9. How do you feel now about what happened? \_\_\_\_\_

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10. What are you telling yourself now?

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