



Workbook

Behavioral Addiction (part 1)

Lesson 34

ENTER YOUR INFORMATION

Type your Name:

Type your Email:

Type your Phone:

WORKBOOK LESSON INSTRUCTIONS

Type in your answer, below each question.

Some answers may be longer than others.

You must decide how much the question requires for a thorough answer.

1. Why is the “short list” of the 12 Steps included in this chapter? Is it effective to work the steps from this list? Can this list be used as a “short-cut”?... Why, or why not?

Type your answer here:

Step One: I CAN'T

Step Two: NO HUMAN POWER CAN

Step Three: I NEED AN HP

2. Are you convinced?... Do you have any reservations?

Type your answer here:

3. Step Three is the point at which the Step One Disease Cycle (addiction cycle) becomes universal. It can be applied to all human behavior.

Mental Obsession = false beliefs, ineffective beliefs, distorted perception

What forms of the Mental Obsession are often faced by:

(a) behavioral addicts?

(b) families of addicts?

(c) all humans?

What specific forms of the Mental Obsession have you faced?...

Type your answer here:

4. How have you substituted other unhealthy behaviors, in place of using?

Type your answer here:

5. How have you been delusional, even when clean?

Type your answer here:

ACTION PROJECT

Interview a member of your Network, with double-digit Recovery. Record their answers (anonymously), in your Journal.

- Ask them about the delusional thinking they've struggled with in Recovery.
- Ask them about how they've substituted other behaviors, in place of using.
- Ask them how they work on this, in Recovery.

ACTION JOURNAL

Record all of the following on your Weekly Action Journal:

- (a) your daily recovery actions
- (b) your feelings and moods
- (c) your service work

SUBMIT YOUR WORKBOOK LESSONS & ASSIGNMENTS

1. Save your completed workbook lesson:

Save your completed workbook lesson as [LastName]_[FirstName]_[Assignment Name]

Example:

Doe_John_Cycle of Addiction_part 1

2. Attach & Email to your Recovery Coach

Include your [LastName], [FirstName] & [Assignment Name] in the Subject Line of your Email

WEEKLY ACTION JOURNAL

Plot your daily actions on this schedule to track your recovery and life skill progress.

Name: _____

Week of: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
7am							
8am							
9am							
10am							
11am							
Noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
Midnight							