



Workbook
Behavioral Addiction (part 2)
Lesson 35

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

Physical Compulsion = ineffective behavior patterns, “acting out”, “acting in”

What forms of the Physical Compulsion are often faced by:

- (a) behavioral addicts?
- (b) families of addicts?
- (c) all humans?

What forms of the Physical Compulsion have you faced?...

Type your answer here:

2. Why does being “dry” lead to relapse?

Type your answer here:

3. Before others can hurt us, what are first a victim of what?... Give an example of this, from your own life.

Type your answer here:

4. How and why is “beating up on yourself” ineffective?

Type your answer here:

5. Draw the Step One Disease Cycle in your journal, and "re-label" it as the "Step Three Cycle". Then, pick any behavior pattern with which you have struggled (difficult relationships, temper, overeating, workaholism, etc.), and place it on the cycle:

MENTAL: What false beliefs and delusional thoughts are at the root of this behavior? What lies tell you that this pattern will serve you well?

PHYSICAL: What are the actions and behaviors that you do?

EMOTIONAL: How do the results harm others?... How do the results harm you?

SPIRITUAL: How does this pattern prevent you from being True, to yourself?

Type your answer here:

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							