

Control Patterns in Addiction Recovery

Control, perfectionism, and surrender

Printable worksheet · 5 parts

Name _____ Date _____

Tip: Be honest and specific in your reflections. Your answers are automatically saved.

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PART 1 OF 5

Understanding Your Control Landscape

What category of control patterns affects you most powerfully, and why do you think that is?

How do your control attempts evolve when they stop working? Do you abandon them or make them more complex?

What specific triggers tend to intensify your desire for control?

How much mental energy do you estimate you spend maintaining various control systems?

In what situations do you feel most compelled to exert control over your addiction?

PART 2 OF 5

The Psychology of Control in Addiction

How does perfectionism influence your approach to both use and recovery?

What underlying emotions might be driving your need for control?

How do shame and fear influence your control patterns?

What beliefs about addiction and recovery support your control orientation?

How might trauma history impact your relationship with control?

PART 3 OF 5

Developing Alternative Approaches

What aspects of surrender have been most challenging for you?

What has helped you move from control to acceptance in other life areas?

How do you balance appropriate structure with unhealthy control?

What would meaningful recovery look like beyond managing your addiction?

What recovery resources could help you develop alternatives to control?

PART 4 OF 5

Building Recovery Connection

How does your need for control affect your relationships with others in recovery?

What fears arise when considering being fully transparent about your experience?

How might vulnerability strengthen rather than weaken your recovery?

What qualities do you look for in people you can trust with your authentic experience?

How can you practice appropriate self-disclosure while maintaining healthy boundaries?

PART 5 OF 5

Your notes & reflections

Additional Notes & Reflections

Add any additional reflections, insights, or notes about your experience with this worksheet...
