

Dangerous Neighborhoods of the Mind

Identify harmful thought patterns

Printable worksheet · 5 parts

Name _____ Date _____

Dangerous Neighborhoods Assessment

Comprehensive Recovery Thinking Evaluation

Navigating the Dangerous Neighborhoods of Your Mind in Recovery

Recovery from substance use disorder is rarely a linear journey. Most people experience plateaus, obstacles, and periods of diminished commitment that can threaten long-term success. At the heart of successful recovery lies a fundamental truth: the very mind that developed addiction cannot be trusted to independently guide recovery.

"Being in your mind is like being in a bad neighborhood—don't go in there without proper adult supervision."

This comprehensive assessment system helps you identify dangerous thought patterns across multiple dimensions and develop effective strategies for "supervising" your thinking. Remember: "Our best thinking got us here"—recognizing this is the first step toward genuine recovery.

Dangerous Neighborhood Self-Assessment

Navigating Your Mind in Recovery

Identify dangerous thought patterns across multiple dimensions and develop personalized strategies for mental supervision.

Distorted Thinking Patterns

Recognizing and Addressing Thinking Errors

Identify systematic errors in how you process and interpret information about substance use and recovery.

Justification and Rationalization

Recognizing Mental Defenses

Uncover the seemingly logical arguments that support harmful choices related to substance use.

Isolation of Thought

Addressing Mental Isolation

Recognize when you're separating your thinking from external feedback and community wisdom.

Emotional Reasoning

When Feelings Override Facts

Identify when emotions are being mistaken for facts in your decision-making process.

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PART 1 OF 5

Dangerous Neighborhood Self-Assessment

Comprehensive Recovery Thinking Evaluation

Dangerous Neighborhood Self-Assessment

Navigating Your Mind in Recovery

Identify dangerous thought patterns across multiple dimensions and develop personalized strategies for mental supervision.

Part 1: Recognizing Dangerous Mental Neighborhoods

Part 2: Developing Mental Supervision

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PART 2 OF 5

Distorted Thinking Patterns

Recognizing and Addressing Thinking Errors

Identify systematic errors in how you process and interpret information about substance use and recovery.

Part 1: Recognizing Distorted Thinking Patterns

Part 2: Developing Reality-Based Thinking

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PART 3 OF 5

Justification and Rationalization

Recognizing Mental Defenses

Uncover the seemingly logical arguments that support harmful choices related to substance use.

Part 1: Recognizing Justification Patterns

Part 2: Developing Honest Thinking

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PART 4 OF 5

Isolation of Thought

Addressing Mental Isolation

Recognize when you're separating your thinking from external feedback and community wisdom.

Part 1: Recognizing Thought Isolation Patterns

Part 2: Developing Connected Thinking

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PART 5 OF 5

Emotional Reasoning

When Feelings Override Facts

Identify when emotions are being mistaken for facts in your decision-making process.

Part 1: Recognizing Emotional Reasoning Patterns

Part 2: Developing Reality-Based Emotional Processing

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