

Dis-Ease of Addiction

Mind, body, spirit dis-ease

Printable worksheet · 4 parts

Name _____ Date _____

Contents

- Part 1 · Introduction
- Part 2 · Dis-Ease Dimensions
- Part 3 · My Results
- Part 4 · Action Plan

PART 1 OF 4

Introduction

The Dis-Ease of Addiction: Understanding Internal Conflict

This interactive workbook explores the profound internal discord experienced by individuals struggling with addiction—a state we term "dis-ease." Unlike the clinical disease model that focuses on neurobiological mechanisms, this framework examines the existential and psychological turmoil that characterizes the addictive experience.

The "dis-ease" represents a fundamental misalignment between one's authentic self and their lived reality under the influence of addictive substances or behaviors. At its core, this dis-ease manifests as an internal conflict involving the fragmentation of thinking, feeling, and behavior.

Important: This workbook is designed to help you identify, understand, and develop effective responses to the various dimensions of dis-ease in addiction. Remember, experiencing these internal conflicts is a normal part of the addiction experience—not evidence of personal failure or weakness.

What You'll Explore

- Seven dimensions of internal conflict in addiction
- Self-assessment tools for each dimension
- Practical strategies for addressing dis-ease
- Personalized action planning

How to Use This Workbook

- 1Read about each dimension of dis-ease
- 2Complete the self-assessment questions
- 3Review your results and patterns
- 4Create your personalized action plan
 - Begin Exploring Dis-Ease Dimensions

PART 2 OF 4

Dis-Ease Dimensions

The Seven Dimensions of Dis-Ease

Click on each dimension below to learn more and complete the self-assessment.

Chemical Control and Powerlessness

The experience of being controlled by substances despite conscious desires to stop.

Cognitive-Emotional-Behavioral Fragmentation

The disconnection between thinking, feeling, and acting.

Values-Behavior Misalignment

The painful gap between stated values and actual behaviors.

Head-Heart Division

The conflict between intellectual understanding and emotional drives.

Internal Warfare and Self-Conflict

Being at war with oneself, with different parts wanting opposite things.

Authenticity Loss

Losing touch with one's true self underneath the addiction.

Shame and Self-Reckrimination

Intense shame about addiction and harsh self-criticism.

PART 3 OF 4

My Results

Your Dis-Ease Profile

Overall Assessment

0.0/5.0

You're managing dis-ease relatively well. Stay vigilant and continue using your effective strategies.

Dimension Breakdown

Chemical Control and Powerlessness

0/5.0

Cognitive-Emotional-Behavioral Fragmentation

0/5.0

Values-Behavior Misalignment

0/5.0

Head-Heart Division

0/5.0

Internal Warfare and Self-Conflict

0/5.0

Authenticity Loss

0/5.0

Shame and Self-Reckrimination

0/5.0

☐ Create My Action Plan

PART 4 OF 4

Action Plan

Personal Action Plan for Addressing Dis-Ease

Focus Areas

Based on your assessment, select 2-3 dimensions to focus on first:

Support Resources

What support do you need to address these areas of dis-ease?

Consider therapy, support groups, accountability partners, etc.

What practices or activities help you feel more integrated and aligned?

Meditation, exercise, creative expression, etc.

Commitment Statement

Write a personal commitment statement about addressing your dis-ease:

I commit to...
