

Naming & Personifying Your Addiction

Give addiction a tangible identity

Printable worksheet · 7 parts

Name _____ Date _____

Confront and Overcome Through Separation

By giving your addiction a name and face, you make it tangible and separate from yourself. This separation allows you to confront and overcome it more effectively in your recovery journey.

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PART 1 OF 7

Identity

Part 1: Creating Your Addiction's Identity

1. Give your addiction a name:

Name...

Why did you choose this name?

Explain your choice...

2. List five characteristics of your addiction:

a. / b. / c. / d. / e.

3. Rate its current influence (1-10): 5

Part 2: Visual Description

4. Describe your addiction's appearance:

Physical features

Mannerisms

Expression

PART 2 OF 7

Personality

Part 3: Personality Profile

5. List your addiction's:

Tactics

Favorite lies

Manipulation methods

Part 4: Behavior Patterns

6. Describe how your addiction:

Speaks to you:

Influences decisions:

Sabotages recovery:

PART 3 OF 7

Relationship

Part 5: Relationship Analysis

7. Examine your history together:

First meeting:

Growing influence:

Current status:

Part 6: Power Dynamics

8. List ways your addiction:

Controls you

Makes promises

Breaks promises

PART 4 OF 7

Dialogue

Part 7: Confrontation Development

9. Create responses to your addiction's:

Threats - Statement & Your Response:

When it threatens: ___ I respond: ___

Promises - Statement & Your Response:

When it promises: ___ I respond: ___

Manipulation - Statement & Your Response:

When it manipulates: ___ I respond: ___

Part 8: Recovery Dialogue

10. Write a letter to your addiction:

Dear [addiction name]...

11. Write its response:

What would it say back...

12. Write your rebuttal:

Your powerful response...

PART 5 OF 7

Battle

Part 9: Battle Strategy

13. List your addiction's:

Weaknesses

Triggers

Patterns

Part 10: Defense Development

14. Create protective statements:

When it says: ___ I'll respond: ___ / When it threatens: ___ I'll respond: ___ / When it tempts: ___ I'll respond: ___

Part 12: Support Integration

18. List allies against your addiction:

Name: ___ Role: ___ Support Type: ___ / Name: ___ Role: ___ Support Type: ___ / Name: ___ Role: ___ Support Type: ___

19. Create battle cry statements:

Personal: / With support: / In crisis:

PART 6 OF 7

Victory

Part 11: Victory Planning

15. List ways to weaken its power:

16. Create power-claiming statements:

17. Develop victory visualization:

Visualize your victory...

Part 13: Growth Planning

21. Signs of weakening addiction:

22. Create growth markers:

Immediate: / Short-term: / Long-term:

23. Develop celebration plans:

How will you celebrate victories...

PART 7 OF 7

Commitment

Part 14: Commitment and Reflection

40. What have you learned about your addiction through personification?

41. How will confronting it support recovery?

42. Create three power statements:

43. Final declaration of independence:

I declare...

Remember: By giving your addiction a name and face, you make it tangible and separate from yourself. This separation allows you to confront and overcome it more effectively in your recovery journey.