

Returning to Addictive Thinking

Recognize and reverse thought patterns

Printable worksheet · 5 parts

Name _____ Date _____

Addictive Thinking Worksheet

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PART 1 OF 5

Understanding Your Addictive Thinking Profile

What category of addictive thinking (value violation, self-pity indulgence, etc.) affects you most powerfully, and why do you think that is?

What specific addictive thinking patterns have you noticed that don't seem to fit neatly into any category or that surprise you with their subtlety?

How have your addictive thinking patterns evolved or changed throughout your recovery journey?

What addictive thinking experiences have blindsided you most dramatically, and what did you learn from them?

What factors or situations tend to accelerate your return to addictive thinking?

Understanding the Progression:

Addictive thinking returns gradually—from subtle value violations to increasing disconnection, self-pity, persistent dishonesty, overwhelming shame, and ultimately hopelessness. This progression often occurs without full awareness until you feel trapped. Early recognition and intervention can prevent the dangerous belief that relapse is inevitable. Remember: recognizing these patterns is strength, not failure.

PART 2 OF 5

The Psychology of Your Addictive Thinking

How does understanding addictive thinking as a process rather than a single event affect your relationship with these patterns?

In what ways might your specific addiction history have shaped your particular vulnerability to certain addictive thinking patterns?

How do your different addictive thinking patterns interact with each other? For example, does isolation progression accelerate help rejection?

What early warning signs might indicate emerging addictive thinking before it becomes entrenched?

How might personal history, attachment patterns, or co-occurring conditions influence your addictive thinking vulnerability?

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PART 3 OF 5

Developing Your Management Strategies

What specific strategies have proven most effective for your most challenging addictive thinking category?

What role does community connection play in helping you counter addictive thinking patterns?

How do you maintain recovery-oriented thinking when experiencing strong internal resistance?

What recovery resources do you mobilize when noticing addictive thinking patterns?

How might you strengthen your response to the addictive thinking category you identified as most challenging?

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PART 4 OF 5

Building Thinking Resilience

How has your relationship with addictive thinking changed throughout your recovery journey?

What practices help you maintain recovery-oriented thinking during challenging periods?

How do you balance awareness of addictive thinking with avoiding excessive self-monitoring?

What would it look like to view addictive thinking patterns as opportunities for growth rather than just threats to stability?

How might sharing your experiences with addictive thinking benefit both your own recovery and potentially help others?

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PART 5 OF 5

Your notes & reflections

The Progressive Return to Addictive Thinking

Addictive thinking returns gradually through a dangerous progression that can occur even during abstinence. Recognition and early intervention are crucial to prevent the sense that relapse is inevitable.

Early Stage

Subtle value violations, minor dishonesty, beginning isolation

Middle Stage

Increasing disconnection, self-pity indulgence, persistent dishonesty, overwhelming shame

Critical Stage

Hopelessness, help rejection, feeling trapped with only 3 options: insanity, suicide, or relapse

Additional Notes & Reflections

Add any additional reflections about your addictive thinking patterns, early warning signs you've identified, or strategies for maintaining recovery-oriented thinking...
