

Addiction worksheets pdf: Version 2

Remind yourself about the pros and cons of addiction to stay firm and motivated enough to move on the journey of recovery.

Pros and cons of addiction	
Pros	Cons
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Ways to deal with your addiction:

- Learn to walk away from your Triggers.
- Positive messages to yourself.
- Relaxation Techniques.
- Do yoga and meditation.
- Practice Mindfulness.
- Engage in social activities.
- Do something which involves mental work. Call a companion. Go to any place that doesn't let you do drugs.
- Give your urges time 15 minutes-30 minutes:
- Give yourself some time. Take baby steps.
- Walk daily for 30-40 minutes, and start doing any physical activity or sports.
- Take enough sleep to maintain your circadian rhythm.
- Eat a well-balanced and healthy diet.
- Take Time out.