

## WORKSHEET FOR TEENS

What are you addicted to ?



What triggers your addiction?

What strengths you have to give up that addiction?

Have you ever tried to give up? How did you feel at that time?

You are your power, know that you have the strength to give up.

Know that you are not alone. There are many people struggling with addiction.

Ask for help, there is no shame in getting help.

Identify your trigger. Try to avoid them as much as you can,

## References

[Fadus, M. C., Squeglia, L. M., Valadez, E. A., Tomko, R. L., Bryant, B. E., & Gray, K. M. \(2019\). Adolescent Substance Use Disorder Treatment: an Update on Evidence-Based Strategies. \*Current psychiatry reports\*, 21\(10\), 96. <https://doi.org/10.1007/s11920-019-1086-0>](#)

[Winters, K. C., Botzet, A. M., & Fahnhorst, T. \(2011\). Advances in adolescent substance abuse treatment. \*Current psychiatry reports\*, 13\(5\), 416–421. <https://doi.org/10.1007/s11920-011-0214-2>](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.