



⊕ **C**OGNITIVE DISSONANCE (Causes of conflicting feelings leading to confusion/self-doubt)

- | | | | | |
|--------------------------------------|---|--------------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Abandonment | <input type="checkbox"/> Abuse | <input type="checkbox"/> Accusations | <input type="checkbox"/> Betrayal | <input type="checkbox"/> Coercion |
| <input type="checkbox"/> Deception | <input type="checkbox"/> Discrimination | <input type="checkbox"/> Exclusion | <input type="checkbox"/> Gaslighting | <input type="checkbox"/> Harassment |
| <input type="checkbox"/> Humiliation | <input type="checkbox"/> Intimidation | <input type="checkbox"/> Isolation | <input type="checkbox"/> Judgment | <input type="checkbox"/> Mockery |
| <input type="checkbox"/> Neglect | <input type="checkbox"/> Rejection | <input type="checkbox"/> Sabotage | <input type="checkbox"/> Scapegoating | <input type="checkbox"/> Threats |
| <input type="checkbox"/> Undermining | <input type="checkbox"/> Violence | | | |

⊕ **O**VERWHELM (Persistent nervous system activation destabilizing one's mental state.)

- | | | | | |
|--|-------------------------------------|--------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Agitation | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Avoidance | <input type="checkbox"/> Burnout | <input type="checkbox"/> Desperation |
| <input type="checkbox"/> Disassociated | <input type="checkbox"/> Exhaustion | <input type="checkbox"/> Frustration | <input type="checkbox"/> Hypervigilance | <input type="checkbox"/> Overreaction |
| <input type="checkbox"/> Panic | <input type="checkbox"/> Rage | <input type="checkbox"/> Rumination | <input type="checkbox"/> Terrified | <input type="checkbox"/> Tense |
| <input type="checkbox"/> Trapped | | | | |

⊕ **M**OOD (Significant mood changes as a response to nervous system overload & distress.)

- | | | | | |
|-------------------------------------|---------------------------------------|--------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Codependency | <input type="checkbox"/> Confused | <input type="checkbox"/> Disappointed | <input type="checkbox"/> Embarrassed |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Hopeless | <input type="checkbox"/> Indifferent | <input type="checkbox"/> Irritated | <input type="checkbox"/> Lonely |
| <input type="checkbox"/> Numb | <input type="checkbox"/> Pessimistic | <input type="checkbox"/> Regretful | <input type="checkbox"/> Sad | <input type="checkbox"/> Stressed |
| <input type="checkbox"/> Unease | <input type="checkbox"/> Withdrawn | | | |

⊕ **B**EHAVIOR (Attempts to manage ongoing emotional and psychological turmoil.)

- | | | |
|---|---|--|
| <input type="checkbox"/> Avoiding responsibilities | <input type="checkbox"/> Avoiding social interactions | <input type="checkbox"/> Binge-watching videos |
| <input type="checkbox"/> Compulsivity | <input type="checkbox"/> Dissociation | <input type="checkbox"/> Easily upset |
| <input type="checkbox"/> Erratic sleep habits | <input type="checkbox"/> Feeling persistently unhappy | <input type="checkbox"/> Fixating on negative thoughts |
| <input type="checkbox"/> Frequently canceling plans | <input type="checkbox"/> Increasing substance use | <input type="checkbox"/> Habitually oversharing online |
| <input type="checkbox"/> Ignoring injuries/health | <input type="checkbox"/> Increasingly moody | <input type="checkbox"/> Irregular eating pattern |
| <input type="checkbox"/> Losing interest in hobbies | <input type="checkbox"/> Often preferring isolation | <input type="checkbox"/> Overthinking |
| <input type="checkbox"/> Quickly getting irritated | <input type="checkbox"/> Regularly delaying tasks | <input type="checkbox"/> Self-sabotage |
| <input type="checkbox"/> Spending long hours on screens | <input type="checkbox"/> Working excessively | <input type="checkbox"/> Neglecting sleep/self-care |

⊕ **A**DDICTION (Self-medicating or escaping negative emotions and mental discomfort.)

- | | | |
|--|---|---|
| <input type="checkbox"/> Binge drinking | <input type="checkbox"/> Chain smoking | <input type="checkbox"/> Compulsive gambling |
| <input type="checkbox"/> Compulsive risk-taking | <input type="checkbox"/> Dependency on sleeping pills | <input type="checkbox"/> Dependence on fast food |
| <input type="checkbox"/> Excessive alcohol consumption | <input type="checkbox"/> Excessive caffeine consumption | <input type="checkbox"/> Excessive smartphone use |
| <input type="checkbox"/> Excessive social media use | <input type="checkbox"/> Excessive use of social media | <input type="checkbox"/> Frequent recreational drug use |
| <input type="checkbox"/> Frequent use of sedatives | <input type="checkbox"/> Habitual overeating | <input type="checkbox"/> Misusing prescription drugs |
| <input type="checkbox"/> Obsessive pornography viewing | <input type="checkbox"/> Over-exercising | <input type="checkbox"/> Overindulgence in junk food |
| <input type="checkbox"/> Overreliance on energy drinks | <input type="checkbox"/> Overuse of painkillers | <input type="checkbox"/> Overworking to exhaustion |
| <input type="checkbox"/> Uncontrolled spending | <input type="checkbox"/> Uncontrolled internet use | <input type="checkbox"/> Unsafe sexual activity |

⊕ **THOUGHT (Internalized beliefs that perpetuate or overcome addictive behaviors).**

NEGATIVE: Self-critical thoughts that damage self-image & hinder personal development

- "I need this feeling/behavior/addiction to cope with the harsh realities of life."
- "My addiction is the only thing that makes sense in an insane world."
- "The world is full of pain, and numbing out is the only relief."
- "I'll never be good enough, why should I even try?"
- "My efforts are pointless, I won't achieve anything."
- "If I can't do it perfectly, it's not worth doing at all."
- "Nobody really recovers; we're all just pretending."
- "I'm always going to fail, just like I always have."
- "I'm not worthy of anyone's time or attention."
- "I don't have anyone I can open up to."
- "I'm destined to repeat my past mistakes."
- "My feelings and needs aren't important."
- "I'm too damaged to ever heal or improve."
- "No one cares about me or my problems."
- "I'm just a burden to everyone around me."
- "I don't deserve to be loved or respected."
- "I'm too weak to handle life's challenges."
- "I'll never be able to control my impulses."
- "I don't have the willpower to change."
- "I don't deserve happiness or success."
- "I'm inherently flawed and unfixable."
- "I'm a disappointment to everyone."
- "I'll never be as good as others."
- "I'm destined to be alone."

POSITIVE: Thoughts that break and overcome negative cognitive loops

- "What positive habits can I cultivate to replace this addiction/behavior?"
- "What future am I building by letting go of this addiction/behavior?"
- "How can I use my experiences to help others in similar situations?"
- "How can I turn this challenge into an opportunity for growth?"
- "What new skills or hobbies can I explore to enrich my life?"
- "What steps am I taking today towards a healthier me?"
- "What meaningful life awaits beyond this problem?"
- "In what ways can I replace this habit with growth?"
- "How will overcoming this make me stronger?"
- "How can I actively reshape my story today?"

SELF-REFLECTION

From each category above write the item that stands out the most. Briefly write/reflect on:

1. One reason this stands out
2. Two ways it affects my behaviors
3. Three changes I am inspired to make

COGNITIVE DISSONANCE: _____

1. _____
2. _____
3. _____

OVERWHELM: _____

1. _____
2. _____
3. _____

MOOD: _____

1. _____
2. _____
3. _____

BEHAVIOR: _____

1. _____
2. _____
3. _____

ADDICTION: _____

1. _____
2. _____
3. _____

THOUGHT: _____

1. _____
2. _____
3. _____



EXPANDED SELF-REFLECTION

1. What is one thing I would start doing right now if I didn't have any fear holding me back?
2. What are some hidden, protective benefits underlying my addictions vs negative behaviors?
3. If I met a complete stranger with my exact struggle, what would be my advice to them?
4. What small change can I make to implement this advice going forward?
5. When I fall back into unwanted habits or routines, what can I tell myself to keep going forward?