

Identifying Strongholds and Temporal Substances

What habit, substance, or activity do you tend to turn to when under pressure or stress? (Check those that apply)

☐	Excessive Work
☐	Sex / Pornography
☐	Over-Achievement
☐	Binge Eating
☐	Taking Control
☐	Uncontrolled Anger
☐	Money Dysfunction
☐	Hoarding
☐	Exaggerate Success
☐	Shopping When Stressed
☐	Spending on Toys
☐	Gambling
☐	Approval Seeking
☐	Toxic Relationships
☐	Rescuing Other People
☐	Physical Illness (Hypochondria)
☐	Excessive Exercise Conditioning
☐	Cosmetics & Surgery
☐	Excessive Clothes Buying
☐	Academic Achievement
☐	Religiosity

[illegible]

☐	Excessive Intellectualizing
☐	Perfectionism
☐	Obsessive Cleanliness
☐	Compulsive Organizing
☐	Excessive Worry
☐	Low Self Esteem

☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____

Y N (Check “Yes” or “No” to the following)

☐	☐	1.	I need more of the habit, substance, or activity than I used to experience a useful life under pressure.
☐	☐	2.	I turn to the habit, substance, or activity for reward or protection.
☐	☐	3.	I sometimes hide the habit, substance, or activity from those around me.
☐	☐	4.	Has the habit, substance, or activity affected my productivity on the job, at home, or in other areas of my life?
☐	☐	5.	Have I been deceitful with the habit, substance, or activity to the detriment of others around me?
☐	☐	6.	Could the habit, substance, or activity left unaddressed be destructive to me or others? (<i>Look at the worst-case scenario</i>)
☐	☐	7.	Have those around me ever mentioned the habit, substance, or activity?
☐	☐	8.	Do I get defensive when the subject of the habit, substance, or activity is brought up?
☐	☐	9.	Do I feel guilt or remorse for indulging in the habit, substance, or activity?
☐	☐	10.	Do I promise myself I will stop the habit, substance, or activity without doing so?
☐	☐	11.	Do I find that regardless of my resolve to stop the habit, substance, or activity to turn to it again?
☐	☐	12.	After attempting to stop the habit, substance, or activity unsuccessfully, do I find that they actually increase?

Notes: