



Therapy Help

65 Chulia Street Level 46 OCBC Centre Singapore 049513

Am I ready to tackle my addiction problems?

What are my reasons for seeking change?	
How much have I spent on my substance or behaviour over the years?	
How has my career or business been affected?	
What medical or therapy expenses have I incurred as a result?	
How has my relationships with my loved ones been affected?	
How has my addiction affected my family?	
What risky behaviours or illegal behaviours resulted from the addiction?	
Who else is affected and worried about my well-being?	
What will happen to me if I keep using or engaging in the addictive behaviours?	
What have I lost because of my usage or addictive behaviours?	
Can I truly stop the addiction or behaviours if I want to?	
Can I truly stay stopped for long-term if I want to?	
Am I just being a dry drunk? Being without the substance or behaviour but still make no changes to the life that caused the addiction in the first place?	