

# cycle of addiction worksheet

**cycle of addiction worksheet** tools are essential resources in understanding and breaking free from the repetitive patterns of addiction. These worksheets serve as practical guides that help individuals identify the stages involved in addictive behaviors, recognize triggers, and develop strategies to interrupt the cycle. This article delves into the structure, purpose, and benefits of using a cycle of addiction worksheet in therapy and personal recovery. It also explores the key components of the addiction cycle, how to effectively utilize worksheets, and additional tools to support sustained recovery. By examining these elements, readers will gain a comprehensive understanding of how cycle of addiction worksheets facilitate awareness and healing.

Below is an outline of the main sections covered in this article:

- Understanding the Cycle of Addiction
- Purpose and Benefits of a Cycle of Addiction Worksheet
- Key Components of a Cycle of Addiction Worksheet
- How to Use a Cycle of Addiction Worksheet Effectively
- Additional Tools to Support Addiction Recovery

## Understanding the Cycle of Addiction

The cycle of addiction describes the repetitive sequence of behaviors and emotional states that characterize addictive patterns. It typically involves stages such as craving, substance use or behavior engagement, consequences, and attempts to abstain or manage the addiction, only to relapse and begin the cycle anew. This recurring loop often traps individuals in a pattern that is difficult to break without intervention. Understanding the cycle is crucial for anyone seeking to overcome addiction because it highlights the mechanisms that perpetuate substance use or compulsive behaviors.

## Stages of the Addiction Cycle

The cycle of addiction generally consists of several key stages that repeat over time. These stages include:

- **Trigger or Cue:** An internal or external stimulus that initiates

cravings.

- **Craving:** The intense desire or urge to engage in the addictive behavior.
- **Behavioral Engagement:** The act of using the substance or performing the addictive behavior.
- **Consequences:** Negative outcomes resulting from the behavior, such as guilt, health issues, or relational problems.
- **Temporary Relief or Abstinence:** A period of reduced use or cessation, often accompanied by withdrawal symptoms or psychological distress.
- **Relapse:** The return to substance use or addictive behavior, restarting the cycle.

By recognizing these stages, individuals and therapists can better understand how addiction operates and where intervention can be most effective.

## Psychological and Physical Factors

The cycle is influenced by both psychological and physical components. Psychological factors include stress, anxiety, depression, and environmental cues, which can trigger cravings. Physical dependence may result in withdrawal symptoms that reinforce the cycle. These multidimensional influences make addiction a complex condition requiring comprehensive strategies for intervention.

## Purpose and Benefits of a Cycle of Addiction Worksheet

A cycle of addiction worksheet is designed as a structured tool to help individuals map out their unique addiction patterns. It facilitates self-awareness by encouraging users to identify triggers, emotions, and behaviors associated with their addiction. These worksheets are frequently used in therapeutic settings and self-help programs to promote reflection and accountability.

## Enhancing Self-Awareness

One of the primary benefits of using a cycle of addiction worksheet is the enhancement of self-awareness. By documenting the stages and personal experiences, individuals can gain insight into the underlying causes of their addictive behaviors. This understanding is pivotal in developing effective coping strategies and reducing the risk of relapse.

## **Supporting Treatment and Recovery**

Cycle of addiction worksheets also aid treatment by providing therapists with clear information about a client's addiction patterns. They serve as a foundation for creating personalized treatment plans that target specific triggers and behaviors. Additionally, these worksheets enable monitoring progress over time, reinforcing motivation and commitment to recovery.

## **Facilitating Structured Reflection**

The structured format of the worksheet promotes organized reflection, helping individuals break down complex emotional and behavioral processes into manageable parts. This clarity can demystify the addiction experience and empower users to take actionable steps toward change.

## **Key Components of a Cycle of Addiction Worksheet**

Effective cycle of addiction worksheets include several essential components that guide users through the process of analysis and reflection. These elements ensure a comprehensive examination of the addiction cycle and support meaningful insights.

### **Identification of Triggers**

Worksheets typically begin by prompting users to identify specific triggers or cues that initiate the cycle. These may be environmental, emotional, social, or situational factors that increase the likelihood of engaging in addictive behavior.

### **Documentation of Thoughts and Emotions**

Users are encouraged to record their thoughts and feelings at various stages of the cycle. Capturing emotional states such as anxiety, loneliness, or frustration helps clarify the psychological drivers behind addiction.

### **Behavioral Patterns**

This component involves detailing the behaviors involved in the addiction, including frequency, duration, and context. Understanding these patterns can highlight problematic habits and times of increased vulnerability.

## Consequences and Outcomes

Worksheets ask individuals to note the short- and long-term consequences of their addictive behaviors. These consequences can be physical, emotional, social, or legal and serve as critical motivators for change.

## Strategies for Intervention

A key feature of cycle of addiction worksheets is the section dedicated to planning interventions. Users brainstorm coping mechanisms, alternative behaviors, and support resources that can interrupt the cycle and promote recovery.

## How to Use a Cycle of Addiction Worksheet Effectively

Using a cycle of addiction worksheet effectively requires commitment, honesty, and regular review. When integrated into therapy or personal recovery efforts, these worksheets become powerful tools for change.

## Step-by-Step Process

1. **Complete the worksheet regularly:** Frequent updates help track changes and emerging patterns.
2. **Be honest and detailed:** Accurate information provides a clearer picture of the addiction cycle.
3. **Review with a therapist or support group:** Professional guidance enhances interpretation and application.
4. **Identify and implement coping strategies:** Use the worksheet to develop actionable plans for managing triggers.
5. **Monitor progress and setbacks:** Reflect on successes and challenges to adjust recovery approaches.

## Incorporating the Worksheet into Therapy

Therapists often use cycle of addiction worksheets as part of cognitive-behavioral therapy (CBT) and other treatment modalities. The worksheet provides a shared framework for discussion, helping clients recognize their patterns and develop healthier responses. It also encourages active

participation in the recovery process.

## **Utilizing the Worksheet for Relapse Prevention**

Relapse prevention is a critical aspect of addiction recovery. The worksheet serves as a preventative tool by highlighting early warning signs and high-risk situations. Preparing for these moments with concrete strategies reduces the likelihood of returning to addictive behaviors.

## **Additional Tools to Support Addiction Recovery**

While cycle of addiction worksheets are valuable, they are often most effective when used alongside other recovery tools. These complementary resources address different facets of addiction and support holistic healing.

### **Journaling and Reflection Exercises**

Journaling provides an outlet for processing emotions and tracking progress beyond the structured worksheet. It encourages deeper introspection and can reveal insights that inform recovery strategies.

### **Support Groups and Peer Networks**

Engagement with support groups such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) offers community, accountability, and shared experiences. These networks reinforce the lessons learned through worksheets and therapy.

### **Mindfulness and Stress Reduction Techniques**

Practices like meditation, yoga, and breathing exercises help individuals manage cravings, reduce stress, and increase self-control. Incorporating mindfulness into recovery enhances the effectiveness of cycle of addiction worksheets by strengthening emotional regulation.

### **Professional Counseling and Medical Support**

Access to licensed counselors, psychologists, and medical professionals ensures that individuals receive comprehensive care. Medication-assisted treatment (MAT) and therapy complement behavioral tools, addressing both physical dependence and psychological factors.

- Cycle of addiction worksheets help visualize and interrupt addictive

patterns.

- They enhance self-awareness and support personalized treatment planning.
- Effective use involves honesty, regular updates, and professional collaboration.
- Combining worksheets with additional recovery tools fosters a multidimensional approach.

## **Frequently Asked Questions**

### **What is a cycle of addiction worksheet?**

A cycle of addiction worksheet is a tool used to help individuals identify and understand the repetitive patterns and stages involved in addictive behaviors, including triggers, cravings, actions, and consequences.

### **How can a cycle of addiction worksheet help in recovery?**

It helps individuals recognize their addiction patterns, identify triggers and warning signs, and develop strategies to break the cycle, promoting self-awareness and supporting relapse prevention.

### **What are the common stages included in a cycle of addiction worksheet?**

Common stages often include the trigger or craving phase, ritual or planning phase, active addiction or substance use, and the aftermath or guilt/shame phase, which then leads back to the trigger stage.

### **Can therapists use cycle of addiction worksheets during counseling sessions?**

Yes, therapists often use these worksheets as part of cognitive-behavioral therapy or addiction counseling to facilitate discussions about addiction patterns and to help clients create personalized recovery plans.

### **Where can I find printable cycle of addiction worksheets?**

Printable cycle of addiction worksheets can be found on mental health websites, addiction recovery resource platforms, therapy blogs, and sometimes

through support groups or rehabilitation centers' online resources.

## Additional Resources

### 1. *The Cycle of Addiction: Understanding and Breaking Free*

This book provides a comprehensive overview of the addiction cycle, explaining the psychological and physiological processes involved. It offers practical worksheets and exercises designed to help readers identify their triggers and develop strategies to interrupt the cycle. The author emphasizes self-awareness and mindfulness as key tools for recovery.

### 2. *Breaking the Chains: A Workbook for Overcoming Addiction*

A hands-on workbook filled with guided worksheets that focus on recognizing patterns of addiction and making lasting changes. It includes exercises to map out personal addiction cycles and build coping mechanisms. The book is ideal for individuals seeking structured support in their recovery journey.

### 3. *From Dependence to Freedom: Tools for Addiction Recovery*

This resource dives deep into the stages of addiction and recovery, providing readers with actionable worksheets to track their progress. It highlights the importance of emotional regulation and self-reflection in breaking free from addictive behaviors. The book is suitable for both individuals and therapists.

### 4. *Understanding Addiction: A Practical Guide and Worksheet Companion*

Combining theory with practice, this guide offers detailed explanations of addiction cycles alongside worksheets that facilitate personal insight. Readers learn to identify triggers, understand cravings, and develop personalized relapse prevention plans. It's a valuable tool for anyone committed to recovery.

### 5. *Cycle Breakers: Interactive Worksheets for Addiction Recovery*

Focused entirely on interactive learning, this book provides a variety of worksheets that help readers analyze their addiction patterns. It encourages journaling, self-assessment, and goal-setting to empower individuals in their recovery process. The engaging format makes it accessible for different learning styles.

### 6. *Healing from Addiction: Step-by-Step Worksheets for Change*

This book offers a structured approach to healing, with worksheets designed to guide readers through each stage of the addiction cycle. It incorporates cognitive-behavioral techniques and motivational strategies to foster resilience and commitment. The content supports both beginners and those further along in recovery.

### 7. *The Addiction Recovery Workbook: Breaking the Cycle*

A practical workbook that helps readers understand the repetitive nature of addiction and provides tools to disrupt it. It features exercises on identifying high-risk situations, managing cravings, and building a support network. The workbook is recommended for use alongside counseling or support

groups.

#### 8. *Mindfulness and Addiction: Worksheets to Interrupt the Cycle*

This book integrates mindfulness practices with traditional addiction recovery worksheets, helping readers cultivate present-moment awareness. It offers exercises to reduce impulsivity and increase emotional regulation, which are crucial for breaking addictive patterns. The approach is holistic and evidence-based.

#### 9. *Renewed: A Workbook for Ending the Cycle of Addiction*

Renewed focuses on renewal and transformation, guiding readers through self-discovery worksheets that challenge addictive behaviors. It emphasizes goal-setting, self-compassion, and building healthy habits to sustain long-term recovery. The supportive tone encourages hope and persistence throughout the recovery process.

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**cycle of addiction worksheet:** *The CBT Workbook for Addiction Recovery* Katrin Galina Winter, Unlock the tools, strategies, and insights you need to overcome addiction and reclaim your



life with *The CBT Workbook for Addiction Recovery: Behavioral Therapy Tools, Worksheets, Exercises, and Real-Life Stories for Lasting Change*. This comprehensive workbook is designed for individuals seeking lasting recovery from addiction, mental health professionals supporting clients, and anyone looking to understand and apply Cognitive Behavioral Therapy (CBT) techniques. With a practical, engaging approach, this book equips you with the knowledge and skills to challenge negative thought patterns, manage triggers, and build resilience. What You'll Find Inside: Evidence-Based CBT Tools: Practical methods to identify and replace harmful behaviors with healthy alternatives. Worksheets and Exercises: Step-by-step activities tailored to help you reflect, plan, and implement strategies for lasting change. Real-Life Stories: Inspirational narratives from individuals who successfully used CBT to transform their lives and overcome addiction. Relapse Prevention Techniques: Strategies to recognize warning signs, manage cravings, and stay on track. Holistic Healing: Guidance on addressing underlying causes like trauma and co-occurring mental health issues. Why This Workbook Stands Out: Written in clear, accessible language, making CBT concepts easy to understand and apply. Combines the latest research with practical exercises to support long-term recovery. Offers personalized action plans for creating a life filled with purpose and stability. Who This Book Is For: Individuals seeking to break free from addiction and build a healthier future. Therapists, counselors, and support workers who want actionable resources to help clients. Families and loved ones supporting someone in recovery. Whether you're just beginning your recovery journey or looking for tools to maintain progress, *The CBT Workbook for Addiction Recovery* is your step-by-step guide to achieving lasting transformation. Start your journey toward freedom and healing today.

**cycle of addiction worksheet: CBT Workbook for Substance Abuse** Alice Hetty Lopezs, 2025-01-12 Are you struggling with substance abuse and looking for a way to overcome addiction? *CBT Workbook for Substance Abuse* offers an integrative, evidence-based approach to recovery using Cognitive-Behavioral Therapy (CBT). This comprehensive 7-week program provides a step-by-step guide to breaking free from addictive patterns and building a fulfilling life in sobriety. CBT is a widely-used, research-backed therapy that helps individuals identify and change the thoughts, emotions, and behaviors that fuel addiction. This workbook combines CBT techniques with practical exercises and real-life examples to help you: Understand the root causes of addiction and how it affects the brain Challenge and reframe negative thoughts that perpetuate substance use Develop healthy coping strategies for stress, anxiety, and cravings Learn mindfulness and grounding techniques to manage triggers Improve communication and assertiveness skills to strengthen relationships Create a personalized relapse prevention plan for long-term success Each chapter includes psychoeducation, reflective prompts, and actionable strategies to help you apply CBT principles to your own unique recovery journey. You'll also learn how to cultivate self-compassion, build a strong support network, and develop a growth mindset for lasting change. *CBT Workbook for Substance Abuse* can be used on its own, with a therapist, or as part of a group program. It's an essential resource for anyone ready to take control of their addiction and build a foundation for a healthier, happier life. If you're tired of feeling controlled by addiction and want a proven path to recovery, this workbook is for you. With its integrative approach and easy-to-follow format, *CBT Workbook for Substance Abuse* gives you the tools and support you need to overcome substance abuse and create the life you deserve.

**cycle of addiction worksheet: Criminal Conduct and Substance Abuse Treatment: Strategies For Self-Improvement and Change, Pathways to Responsible Living** Kenneth W. Wanberg, Harvey B. Milkman, 2006-01-18 This book presents effective cognitive-behavioral treatment approaches for changing the behaviors of individuals who have both problems of substance abuse and criminal behavior. The book unveils a state-of-the-art approach for effectively preventing criminal recidivism and substance abuse relapse within community based and correctional settings.

**cycle of addiction worksheet: Breaking the Cycle of Opioid Addiction** Uwe Blesching, 2018-06-12 An evidence-based guide to using cannabis to enhance pain relief safely, effectively, and

economically while reducing the risks of opioid addiction Opioid addiction has exploded to epidemic proportions in the U.S. Drug overdose is now the leading cause of accidental death. In 2012, 259 million prescriptions were written for opioids—more than enough to give every American adult their own bottle of pills. Uwe Blesching, author of *The Cannabis Health Index*, clearly and thoroughly lays out the overwhelming benefits of using cannabis—not only to reduce the nation’s dependence on opioids—but also to manage the craving and withdrawal symptoms of opioid addiction, and especially to address the pain that leads to drug use and addiction in the first place. Citing statistics showing that states allowing legal access to cannabis have seen a 25 percent drop in opioid-related deaths, Blesching explains how precision applications of cannabis can alleviate the mental and emotional aspects of pain by modulating numerous neurotransmitters and their emotional counterparts. He presents a convincing case for the powerful benefits of cannabis in reducing the risks of addiction and overdose, cutting monetary costs, and restoring a sense of balance and control to those who struggle with pain.

**cycle of addiction worksheet: CBT for Compulsive Sexual Behaviour** Thaddeus Birchard, 2015-05-15 Increasing numbers of therapists are coming into contact with the problem of compulsive sexual behaviour disorders. However, it is still a relatively new field and there is little in the current literature available that enables the therapist to work with and treat this problem. *CBT for Compulsive Sexual Behaviour: A guide for professionals* addresses this by providing a guide to cognitive-behavioural theory and practice which includes the assessment, diagnosis and treatment of addictive sexually compulsive disorders. Beginning with a description of addictive sexuality and an overview of cognitive behavioural therapy in which CBT is presented as the most useful response, Thaddeus Birchard provides clear therapeutic information about the implementation of CBT treatment intervention. The chapters included cover the neuroscience that underpins the addictive process; a ‘how to’ chapter on the use of groups; paraphilias; trauma and attachment; comorbid disorders and cross-addictions and analysis on the function of internet pornography, all written from a cognitive behavioural stance. Using case vignettes throughout, Thaddeus Birchard draws on his own experience as a psychosexual therapist, along with the latest research in the field, to enable the therapist to treat a range of compulsive sexual problems in a way that can be applied in individual practice or in a group setting as well as how to prevent relapse. This book will be essential reading for psychosexual therapists, cognitive behaviour therapists and other professional working with sexual compulsive disorders.

**cycle of addiction worksheet: The Mindfulness Workbook for Addiction** Rebecca E. Williams, Julie S. Kraft, 2022-03-01 Break the addiction cycle once and for all with this powerful and compassionate workbook—now fully revised and updated! If you struggle with addiction, know that you are not alone. Addictive behaviors are often the result of loss—the loss of a job, the death of a loved one, or even the end of a romantic relationship. If you’re like many others, you may have turned to drugs, alcohol, or other troubling behaviors to avoid the pain of loss. But this only delays the healing process, and can ultimately lead to a destructive cycle that leaves you feeling trapped. So, how can you break free? This second edition of *The Mindfulness Workbook for Addiction* will help you identify the root of your addictive behaviors while providing healthy coping strategies to deal with the stress, anxiety, and depression that can come from experiencing a loss. With these powerful mindfulness exercises and lifestyle tips, you will be able to replace addictive behaviors with healthy behaviors to begin healing. This workbook will help you: Determine the function your addiction is serving Develop healthy coping skills for dealing with loss Accept your thoughts and emotions Avoid addiction “triggers” Heal broken relationships and build a support system No matter the loss, the mindfulness skills in this workbook will allow you to process your grief and replace your addiction with healthy coping behaviors.

**cycle of addiction worksheet: Routledge International Handbook of Sexual Addiction** Thaddeus Birchard, Joanna Benfield, 2017-09-11 The concept of sexual addiction has gained increasing recognition in the academic and healthcare communities since the 1990s. It has also captured the attention of the media, where there has been much debate over whether it can truly be

described as an addiction. What is certain is that many people struggle with out of control sexual behaviour, which takes over their lives and has harmful consequences for their relationships, careers and finances. The Routledge International Handbook of Sexual Addiction brings together a comprehensive range of perspectives on sexual addiction from a worldwide selection of scholars and therapists. It sets out to define sexual addiction and to study its causes from a range of different psychological perspectives. A series of presentations of sexual addiction are outlined, including internet sexual addiction and the relationship between paraphilias and sex addiction. The handbook considers both individual and group treatment strategies, drawing on a wide range of approaches, including cognitive behavioural therapy, mindfulness and 12-step programmes. The book studies sex addiction in specific populations including women, adolescents and men who have sex with men. Finally, it considers some of the alternative discourses surrounding the concept of sexual addiction. This is the first comprehensive reference book to bring together global viewpoints on advances in research, theory and practice in one volume. This handbook provides an essential guide for academics and students of psychotherapy, counselling, nursing, addiction, sexualities, social work and health and social care, as well as professionals in practice and in training working with sexual addiction and related issues.

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**cycle of addiction worksheet: *Breaking the Stress Cycle*** Andrew Bernstein, 2021-06-08 In *Breaking the Stress Cycle*, Bernstein shares solutions for how to stop managing stress and break the cycle of ups and downs at its source. Guided worksheets and step-by-step coaching show you how to reframe your thinking on relationships, money, work-life balance, weight loss, discrimination, regret, grief, and more.--Provided by publisher

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behaviour therapy to help those with problematic or unwanted patterns of sexual behaviour. It is designed for those who are not yet ready to seek professional help or who live in a place where little help is available and can be used in conjunction with general psychotherapy. Written by a leading expert in the field, the book offers an insight into the origins of sex addiction, before going on to explain the cycle of addiction and how to break it. The book has a do-it yourself week-by-week programme of action to tackle compulsive sexual behaviour, and provides extensive advice on relapse prevention to help the reader move forward in recovery. Overcoming Sex Addiction will provide clear, informed guidance for sex addicts and those professionals working with them.

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**cycle of addiction worksheet: Courage by Design** Dee M. Robinson, 2022-11-15 Courage is a choice -- your choice. If you wish, you can design and follow your own personal roadmap for a courageous life. In her powerful new book, visionary business leader Dee M. Robinson shows you how to transform your life by building up the courage to hear your own authentic internal voice. That voice is what points you toward your best self -- and when you have the courage to hear it, that voice can teach you to overcome fear, make brave, bold choices, and find joy in fulfilling your true purpose in life. Strengthening your courage muscle, Robinson maintains, is a matter of learning, practicing, and living the Courage Commandments she has shared with students and audiences around the country: Assume Full Control of Your Thoughts Be the CEO of You Break the Addiction to Fear Harness the Power of Faith Find Your Calling Play to Your Strong Suit Connect with Allies Who Are Focused on Solutions Choose Who You Do (and Don't) Share Your Dreams With Find Success In Failure Your Secret Weapon: Give, Give and Give Again with Integrity ...and a special eleventh commandment: +1: Win the Race: Make Good Trouble by Putting Your Heart and Soul into Diversity, Equity and Inclusion The book also features Ms. Robinson's personal interviews with some of the most successful--and brave--leaders on the scene today. Each shares personal insights on using the Courage Commandments to design, and live, a life of bold, tenacious contribution.

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**cycle of addiction worksheet: 86 TIPS for the Therapeutic Toolbox** Judith A. Belmont, 2006 This book assists in breaking through treatment resistance and defensiveness. Dozens of reproducible handouts, experiential activities, exercises, self-discovery tools and more are included.

**cycle of addiction worksheet: Group Activities for Families in Recovery** Joan Zimmerman, Jon L. Winek, 2012-12-11 Group Activities for Families in Recovery offers therapists a wealth of

activities designed to help families struggling with addiction address problem areas of functioning, and ultimately shift from dysfunctional patterns to healthy living. Written by expert practitioners in family-oriented substance abuse treatment programs, this text focuses on group therapy as a key component to treatment. Beginning with a brief overview of the issues involved in working from a systemic family therapy perspective of addiction, the text discusses practical guidelines for working with families in groups and how to best utilize the exercise in the book. The collection of 30 group activities are suitable for a variety of family-oriented substance abuse treatment groups. They are divided into seven sections covering the key issues of: 1. Family Structure 2. Family Identity 3. Sober Fun 4. Toward Health 5. Anger Management 6. Healthy Communication 7. Parenting The activities are varied and include topics presented through expressive arts (drawing, writing, acting), game-playing, problem solving, enactments, worksheets, and roleplaying. The activities can be used individually, incorporated into another program, or stand alone as a 16-week (or longer) program. They can also be adapted for use in groups where children or present, or for adult-family groups.

**cycle of addiction worksheet: The Love Addicts** Jack B. Savage, 2009-11-22 What is Love? Meet Dean Orpheus, an addicted poet with a dark obsession — he needs to understand Love. A savage (and oftentimes satirical) exploration, Dean's impressionable years unravel a life filled with sadistic bullies, unstable girlfriends, and lustrous dreams. But when he meets the beautiful Eunice — things change. Together, their Love casts a poetic saga, illuminating portals to lush supernatural romances and powerful truths — but in the wake of their fractured separation, a drained Dean loses all inspiration, and succumbs to a whirlpool of addiction and self-loathing. While in rehab, Dean forms a strained relationship with Michael — a therapist. Their conversations shift, and together, they struggle to answer the questions: What is Love? How did it bring Dean to this? And where is it taking him?

**cycle of addiction worksheet: How to Quit Drugs for Good** Jerry Dorsman, 2009-02-04 Free Yourself from Addiction Quitting drugs may be the best thing you can do for yourself and your loved ones. But it can also be the toughest challenge of your life. This book can help. Jerry Dorsman, author of the acclaimed How to Quit Drinking Without AA and a respected therapist who specializes in addiction recovery, has helped thousands of people quit drugs and get on with their lives. In How to Quit Drugs for Good, Dorsman helps you find the best approach to beating any drug habit—from barbiturates and prescription drugs to marijuana, cocaine, and heroin. Through a series of self-discovery exercises, worksheets, and checklists, you will learn how to: ·Determine if you have a drug problem ·Examine your individual reasons for using drugs ·Decide when and how you want to quit ·Develop your own treatment plan ·Choose the techniques that will work for you ·Create your own success ·And much, much more!

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