

Addiction Identification Worksheet

Addiction Definitions: (such as *chemical use*, or *gambling*, *anger*, *sex*, *workaholism*, etc.)

(1) *A compulsive out-of-control relationship with a mood-altering substance or behavior that persists in spite of damage to self and/or other primary relationships.*

(2) *Compulsive behavior with short-term benefits, and long-term destruction.*

Instructions:

(1) List ways in which you might be addicted and/or compulsive:

(2) Circle the one area that most concerns you today.

(3) Answer “Yes” or “No” to the sentences that are true for you.

		Yes	No
1	A pattern of out-of-control behavior.		
2	Severe consequences due to those behaviors.		
3	Inability to stop despite adverse consequences.		
4	Out-of-control pursuit of self-destructive or high-risk behaviors.		
5	Ongoing efforts to bargain with or limit the behavior, without success.		
6	Obsessing and/or fantasizing about it, as a primary coping strategy.		
7	Increasing the “dose” because the current level of activity is no longer sufficient.		
8	Severe mood changes around the activity, withdrawal when you go without.		
9	Too much time spent in obtaining it, doing it, or recovering from it.		
10	Neglect of relationships, jobs or recreational activities because it.		

(4) Count how many times you answered “Yes” in the above 10 sentences.

Score: (*Once* = high potential for problems, *Three or more* = indicates a high probability of an active addiction)

(5) Repeat the above 10 questions for any other areas of concern you listed in question #1.