Cycle of Addiction

**Preoccupation**
1. Thoughts get focused on object of addiction.
2. Justification/rationalizing.
3. Euphoric recall.
4. Bad memories get filtered out.
5. Obsessive thoughts.
7. Return of denial.
8. Internal dysfunction increases.
9. Cravings are magnified.
10. Increased vulnerability to trigger events.
11. Harder and harder to stop all the above preoccupations.

**Ritual**
1. “Setup” behaviors and planning begins (sabotaging sobriety).
2. Intense focus produces high w/o actually using.
3. Anticipation of using produces altered state.
4. Rituals of addiction ease internal tension indicating the choice has been made.
5. Obsessive, out-of-control thinking makes it nearly impossible to stop the compulsion to act out.
6. Intense desires fuel compulsions (behaviors), adding to loss of control.

**Consequences**
1. Intense personal pain.
2. A sense of hopelessness.
3. Negative consequences: broken relationships, poor health, loss of money, damage to reputation, legal problems, etc…
4. Guilt and shame.
5. Catastrophic recall of the past and dread of the future.
6. Internal pressures to return to preoccupations.

**Acting Out/Acting In**
1. No control: acting out or . . .
2. Excessive control: acting in.
3. Old behaviors dominate.
4. Temporary relief of inner tension or pain.
5. Return of powerlessness and unmanageability of the addiction.

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<thead>
<tr>
<th>My Preoccupations</th>
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<tbody>
<tr>
<td>My Rituals</td>
<td></td>
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<tr>
<td>My Acting out,</td>
<td></td>
</tr>
<tr>
<td>Acting in</td>
<td></td>
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<tr>
<td>My Consequences</td>
<td></td>
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