

Inventory of Addiction/Habituations

Purpose: To clarify ambivalence about change.

Direction: Choose one addiction or habituation for this inventory. Using an asterisk (*) identify five most important benefits and five most important costs.

<p>Benefits of _____</p> <p>_____</p> <p>Prevents or reduces bad feelings. Peers pressure me. Prevents or reduces conflict. Increases positive feelings. Avoids withdrawal pains. Prevents or reduces cravings. Chance to test myself. Increases pleasant experience. Improves socializing. Prevents or reduces isolation. I feel like I belong. I feel like I am normal. Gives me something to do. Gets me moving. Fills the time Raises level of excitement. Prevents or reduces compulsion. Increases relaxation. Keeps my weight down Gives me courage Makes me feel powerful Other _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	*	<p>Costs of _____</p> <p>_____</p> <p>Health impaired or threatened. Self-respect diminished. Moods unstable. Thinking fuzzy. Sleep impaired. Problems in relationships. Feel guilty. Reduced self-control. Less energy and endurance. Physical abilities diminished. Increased cravings. Job problems. Legal problems. Financial problems. Sexual problems. Unsavory associates. No time for anything else. Blackouts. Lots of tension. Need more for effect. Makes me feel shame Other _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	*
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