

# Cross Addiction Worksheet

Client information	
Full name:	Age:
Gender:	Date submitted:
Signature:	Date signed:
Your primary addictions	Your other addictions/behaviors of concern
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### Instructions

Complete the inventory with honesty and reflection. Recognize that this is a step toward understanding the complexities of your addiction(s).

Identify patterns and triggers to gain insights into potential risks for cross-addiction.

Acknowledge the negative consequences of your behaviors to understand their full impact.

Develop a detailed relapse prevention strategy focusing on coping mechanisms and support systems alongside your attending healthcare professional.

Integrate this worksheet into your recovery plan, discussing it with your therapist or support group to enhance your recovery journey.

Regular review and honest reflection on this worksheet can be a crucial part of your journey toward recovery, helping you to navigate the complexities of cross-addiction and maintain focus on your path to wellness.

## I. Inventory of addictive behaviors

**Instructions:** List all addictive behaviors you have engaged in, past and present. Include substance use (e.g., drug abuse, alcohol abuse) and non-substance-related behaviors (e.g., sex addiction, exercise addiction).

### Current addictive behaviors

Behavior	Substance/activity	Duration of use/addiction	Frequency

Past addictive behaviors			
Behavior	Substance/activity	Duration of use/addiction	Frequency

## II. Recognizing patterns and triggers

**Instructions:** Identify any recurring patterns or common triggers that have contributed to your addictive behaviors. Consider emotional states, specific situations, or environmental factors.

**Patterns identified:**

**Common triggers:**

## III. Consequences of addictive behaviors

**Instructions:** Reflect on the negative consequences of your addictive behaviors on various aspects of your life, including mental health, relationships, and professional life.

**Mental health issues:**

**Impact on relationships:**

**Professional/educational impact:**

#### IV. Understanding cross-addiction risks

**Instructions:** Based on your inventory and patterns identified, acknowledge potential risks for cross-addiction. Consider how one addictive behavior may lead to another.

#### V. Developing a relapse prevention strategy

**Instructions:** Formulate strategies to mitigate the risk of relapse and manage cross-addiction. Include coping mechanisms and support systems.

**Current coping mechanisms:**

**Current support systems:**

**Relapse prevention strategy:**

## VI. Integration into recovery plan

**Instructions:** Detail how you plan to integrate insights from this worksheet into your broader recovery plan, including therapy goals and treatment adjustments.

**Therapy goals:**

**Adjustments/additions to recovery plan:**

## Rehab specialist's information

**Full name:**

**Email address:**

**Contact number:**

**Signature:**

**Date signed:**