

Cross Addiction Worksheet

PERSONAL INFORMATION

Name:

Date of Worksheet Completion:

Primary Addiction(s):

Secondary Addiction(s)/Behavior(s) of Concern:

PART 1: 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).

1. Current Addictive Behaviors

Behavior	Substance/Activity	Duration of Use/Addiction	Frequency

2. Past Addictive Behaviors

Behavior	Substance/Activity	Duration of Use/Addiction	Recovery Period

PART 2: 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:

PART 3: 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:

PART 4: 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.

Identified Risks for Cross Addiction:

PART 5: DEVELOPING A RELAPSE PREVENTION STRATEGY

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

Coping Mechanisms:

Support Systems (Family, Friends, Support Groups):

PART 6: 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 to Treatment Plan:

SIGNATURES:

Signature of Participant:

Date:

Facilitator/Therapist Signature (if applicable):

Date:

INSTRUCTIONS FOR USE

1. **Complete the inventory** with honesty and reflection, recognizing that this is a step toward understanding the complexities of your addiction(s).
2. **Identify patterns and triggers** to gain insights into potential risks for cross addiction.
3. **Acknowledge the negative consequences** of your behaviors to understand their full impact.
4. **Develop a detailed relapse prevention strategy** focusing on coping mechanisms and support systems.
5. **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.