

# Eliminating Compulsive Behaviors CBT Worksheet

Name:

Dates:

## Introduction

Understand what compulsive behaviors are and how they can negatively affect your recovery. Identify your approaches to eliminating these behaviors to maintain a balanced and successful recovery.

## Part I: Identifying and Addressing Compulsive Behaviors

### 1) Getting life under control by eliminating compulsive behaviors

Compulsive behaviors are actions people take without rational consideration, often as a result of irresistible impulses. These behaviors may replace compulsive substance use once a person is in recovery.

**Signs of compulsion may include but are not limited to:**

- Overindulging in food
- Tobacco use
- Consuming caffeinated sodas or coffee
- Excessive exercise
- Compulsive work habits
- Excessive spending or gambling

**Have you ever noticed yourself behaving excessively in any of the following ways?**

- Working all the time
- Abusing prescription medications
- Using other substances including alcohol (after stopping one substance)
- Drinking a lot of caffeinated sodas or coffee
- Smoking
- Eating foods high in sugar
- Exercising to the extreme
- Masturbating compulsively
- Gambling
- Spending too much money
- Other: \_\_\_\_\_

## 2) Balancing lifestyle change with a healthful and successful recovery

Different people have different approaches to eliminating compulsive behaviors. Some may prefer to tackle all behaviors at once, while others may prefer to focus on one or two at a time.

**What have you done to eliminate compulsive behaviors from your life so far?**

**What approach will you use to eliminate compulsive behaviors if you continue to struggle with them after completing your current treatment?**

## Part II: Relapse Prevention

Share and discuss your answers.

**Are you tackling all behaviors at once or one or two at a time?**

Remember, it's crucial to understand compulsive behaviors and work on eliminating them as they can negatively impact your recovery.