

ALTERNATIVES TO ADDICTIVE BEHAVIOR

For many individuals struggling with addiction, their sources of fun or relaxation often revolve around drinking, using drugs, or engaging in other addictive behaviors, leading to harmful outcomes. Enjoyment is an essential aspect of life. Discovering how to have fun and fulfill your needs through non-addictive means is crucial for recovery and primarily involves re-learning. This exercise will assist you in identifying healthy ways to meet your personal needs and experience joy.

List the major benefits which you got from drinking, other drug use, or other addictive behaviors.

Physical	Social	Mental or Emotional

Now list the main drawbacks connected with these behaviors.

Physical	Social	Mental or Emotional

List the benefits you can think of connected with abstinence from addictive behaviors.

Physical	Social	Mental or Emotional

List the drawbacks you see connected with abstinence from these behavior patterns.

Physical	Social	Mental or Emotional

List as many alternative ways as you can think of to get the benefits you listed for drinking, other drug use, or other addictive behaviors, but without such negative consequences.

Physical	Social	Mental or Emotional

How will you respond to yearnings for the thrill or rush that you got from substance use or other addictive behaviors?

List three activities that:

You enjoy:

You think you would enjoy, but haven't tried:

You've heard others talk about and are interested in:

You could enjoy doing alone:

You could enjoy doing with others:



Describe a plan to take action within the next week to start practicing an alternative activity.

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