

Step 4 Worksheets

Courage

Has anyone hurt you deeply by judging or outing your addictive behavior? Do you feel anger at this person?

When you think of the person you hurt most through your addiction, how do you feel about yourself?

Do you ever get mad at random? At what? Why?

Have you ever tried to get revenge on a person? Why? What was the result?

Do you ever feel self-loathing? What triggers it?

Do you suffer from a lack of confidence or overconfidence? If so, do you ever veer from one extreme to another? Why?

What form of behavior do you find most aggravating in others? Do you ever behave that way?

When people hurt you, do they apologize? Would you prefer that they did? Do you apologize for hurting others?

Do you have character traits which you associate with addiction? Are they purely negative or have you also used them for beneficial purposes?

If you had a chance to do-over one incident in your life, what would it be? Why?

What is the best trait you inherited from your parents and what is the worst?

Think about your worst traits. Do you think you were born with them or were they shaped by your environment?

Do you blame anyone else for your addiction? Is that justified?

Have you ever experienced trauma? Was your addiction a coping mechanism?

Look at the most important decisions of your life. Do your good decisions have anything in common? What about your bad ones?

Do you feel responsible for the damage you caused because of your addiction? Why?

Have you ever done something you are so ashamed of, that you have told no one or almost no one about it?
Why have you avoided sharing it?

Do you think you judge yourself too harshly or too leniently?

Use this page to write down any more information for step 4