

Defining Addiction

An outline of how my addiction is for me

What is your addiction?	
When did your addiction(s) start? If you have more than one, are they linked?	
Frequency of addictive behaviour (daily? weekly? monthly?). If daily, how often?	
Triggers – people, places, events, emotions	
Previous abstinence (for how long, reasons for stopping, reasons for starting again)	
Reasons for stopping now – what makes this the right time?	

