

Pattern of Addiction

When you do your addictive behaviour

<p>When do you do your addiction? Daily, weekly, monthly, less frequently?</p>	
<p>Days, times, people, events, emotions which trigger the addiction</p>	
<p>I am most likely to do my addictive behaviour when...</p>	
<p>I am least likely to do my addictive behaviour when...</p>	
<p>Anything else about when you do your addictive behaviour</p>	

