

My Book About My Addiction

This Is The Book About
How I Have Fought So Hard To Deal
With My Addiction

By

I am proud of myself because I am facing my addiction to:

It is hard to face but when I face it and tell myself the truth about it I feel:

There are things called triggers.
These are the things that happen
sometimes and make me want to do
what I am trying not to do!

Some of my triggers are:

1. _____

2. _____

3. _____

4. _____

5. _____

There are times when I have dealt really well with my triggers without turning to my addiction. Here are some of the good ways I have dealt with bad situations:

1. _____

2. _____

3. _____

4. _____

5. _____

Things that I love to do and that I can enjoy when I am not engaging in my addiction are:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

There are people in my life that have believed in me. These people have helped me a lot along my way. Their names are:

1. _____
2. _____
3. _____
4. _____
5. _____

These people have really done a lot for me and I am glad they are or were in my life!

The thing I am most proud of about myself is:

I can tell I am beating my addiction or that I am going to beat my addiction because:

If I had to pick a song that sums up how I feel about my strong points and how I am going to win and I am winning over my addiction it is:

Song:

My favorite words of this song are:

The one thing I want to make sure
that I always remember is:

This I will never forget!

Signed by the author