

What kind of behaviours and attitudes do you need to be most vigilant against to keep you from your addictive behaviours?

.....
.....
.....

Explain what a behaviour cycle is and give an example of one that you do.

.....
.....
.....
.....
.....
.....

Describe the process of awareness, honesty and motivation.

.....
.....
.....

What is thought stopping?

.....
.....
.....

Step 7

Client Questions 7.3

What is positive self talk? give examples.

.....
.....
.....

What actions may 12 Step programs promote around negative feelings and thoughts?

.....
.....
.....