

Addiction Journal Prompts

1. What led you to first try the substance or behavior you are addicted to?

2. Are there any triggers or situations that make it harder for you to avoid your addictive behavior?

3. How does your addiction serve as a form of self-medication? What emotions or feelings do you usually try to numb or escape from?

4. How does addiction affect your thoughts and feelings about yourself?

5. How has addiction affected your physical health?

6. How has addiction impacted your relationships with others? What steps can you take to repair them?

7. Have you experienced any other negative consequences as a result of your addiction? If so, what were they?

8. Reflect on the role that denial has played in your addiction.

9. What strategies have you tried to overcome your addiction? Have any been successful?

10. How do you feel when you resist the urge to engage in your addictive behavior?

11. Have you sought professional help for your addiction? If not, why?

12. What are some healthy coping mechanisms you can use instead of turning to your addiction?

13. What are your current goals for overcoming addiction?

14. Describe the process of withdrawal and how you can manage the symptoms.

15. Discuss a specific trigger or moment that led you to relapse and how you can prevent it in the future.

16. What are some practical steps you can take to maintain sobriety in the long-term?

17. Reflect on the positive changes you have already made towards recovery and the progress you hope to continue making.
