

Kleptomania Worksheet

1. Understanding Your Triggers

Reflect on and write down the situations, thoughts, or emotions that trigger your urge to steal.

- *Example: Feeling stressed at work makes me feel the urge to steal to release tension.*

2. Identifying Your Behaviors

Describe the specific behaviors you exhibit when you experience the urge to steal.

- *Example: I often go to stores without planning to buy anything and end up stealing small items like cosmetics or accessories.*

3. Understanding the Consequences

Write down the immediate and long-term consequences of your stealing behavior.

- *Example: Immediately, I feel a rush of adrenaline and relief, but long-term, I feel guilt and fear of getting caught.*

4. Developing Coping Strategies

List healthy coping strategies you can use when you feel the urge to steal.

- Example: When I feel the urge to steal, I will call a friend, practice deep breathing exercises, or leave the environment triggering the urge.

5. Setting Goals

Write down achievable goals to help reduce your stealing behavior.

- Example: I will attend a support group meeting once a week and practice mindfulness meditation daily to manage my impulses.
