



BREAKING THE HABIT 2 WORKSHEET

1. Can I break addiction habits on my own, or do I need professional help?

2. Is it necessary to completely eliminate my addiction habits, or can I focus on replacing them with healthier alternatives?

3. How do I deal with setbacks and mistakes during the process of breaking addiction habits?

4. How can I find and surround myself with positive people who will support my journey?

Dealing with setbacks and mistakes during the process of breaking addiction habits can be challenging, but it is important to remember that they are a natural part of the journey towards recovery. Instead of dwelling on these setbacks, it is crucial to learn from them and use them as opportunities for growth. By reflecting on the reasons behind the setbacks and seeking support from professionals or support groups, you can develop effective strategies to overcome future obstacles.