



ADDICTIVE HOT SPOTS

WORKING THROUGH DANGEROUS SCENARIOS

- 01.** Describe a situation where you are likely to relapse.
- 02.** Typically what would that lapse or relapse look like for you?
- 03.** What are the painful unintended emotional consequences for you (like shame, guilt, isolation, self-judgements, etc.)?
- 04.** What are the painful unintended relational consequences for you (family, friends, work)?
- 05.** All lapse/relapses involve a double bind. For this Hot Spot, what is your double bind?
- 06.** Which double bind choice is the choice you usually avoid?
- 07.** Usually the right choice is the hard choice, what is the right choice in your double bind?
- 08.** Create a plan for the next time you are in a similar situation. Please use back of this page.
- 09.** Who will provide accountability and what would that accountability look like? Again, please use back of this page.