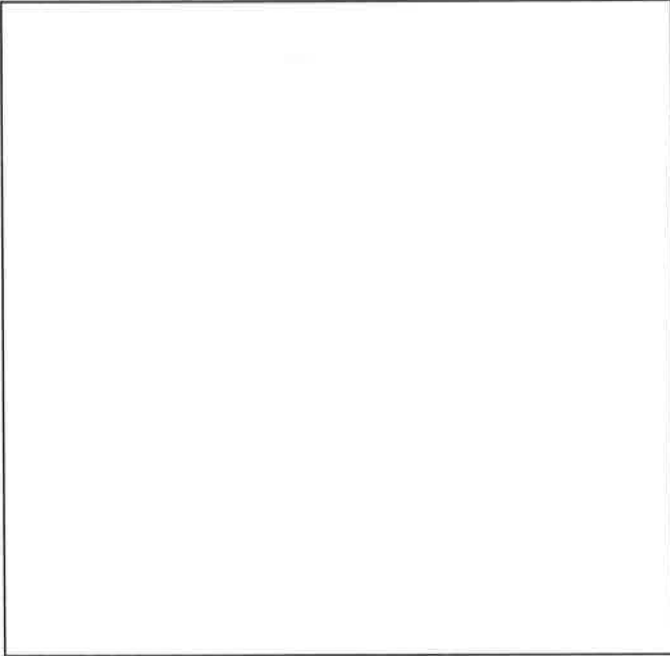
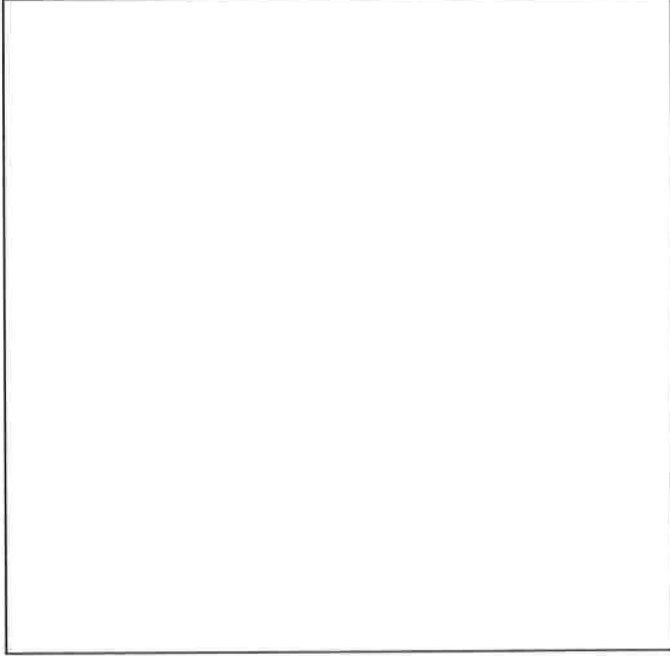


Defusing from the Addiction

Your name:	Addiction name:
Self-Portrait 	Portrait of Your Addiction 

Rulers: Importance, Confidence, and Commitment

Please rate yourself on each in the following areas: importance, confidence, and commitment.

Importance

1. On a scale of 0 to 10, with 0 being "not important at all" and 10 being "very highly important," how important is it to you to make the change?

Your rating: _____

2. Why is it (your rating) and not 0? Please list all the reasons you can think of (you may use the back of the page if necessary):

Confidence

1. On a scale from 0 to 10, with 0 being "not confident at all" and 10 being "very highly confident," how confident are you that you will make the change?

Your rating: _____

2. Why is it (your rating) and not 0? Please list all the reasons you can think of (you may use the back of the page if necessary):

Commitment

1. On a scale from 0 to 10, with 0 being "not committed at all" and 10 being "very highly committed," how committed are you to making the change?

Your rating: _____

2. Why is it (your rating) and not 0? Please list all the reasons you can think of (you may use the back of the page if necessary):

Situation Rating Scale and Action Plan

Name: _____ Date: _____

Risky Situation (describe): _____

How do you expect you might respond in this type of situation? _____

Situation Risk Rating

1 2 3 4 5 6 7 8 9 10

Little or no risk Very high risk

Situation Value Rating (How important is it for you to be in this type of situation?)

1 2 3 4 5 6 7 8 9 10

Little or no importance Very important

Plan (check one):

- 1. Long-Term Avoidance (situation is high risk and of little-to-no value)
- 2. Short-Term Avoidance (situation is high risk and of moderate-to-high value)
- 3. No Avoidance (situation is low-to-moderate risk and of moderate-to-high value)

Avoidance Strategies (if you chose option 1 or 2 above):

Backup Coping Strategy (if the situation is unexpectedly encountered):

Coping Strategies (if you chose option 3 above):

Relapse Road

