

Name:

Date:

# CROSS ADDICTION

Compare the following details regarding your old and new addiction to determine the similarities and differences between the two.

Describe what it is

previous addiction	new addiction

Potential internal and external triggers

previous addiction	new addiction

What pushes or motivates you to engage in it?

previous addiction	new addiction

What are your thoughts prior to and after engaging in it?

previous addiction	new addiction

How do you feel prior to and after engaging in it?

previous addiction	new addiction