

Name :

Date :

BREAKING THE CYCLE

MENTAL HEALTH & CROSS ADDICTION

Cross addiction occurs when an individual replaces one addiction with another, often as a way to cope with underlying emotions and mental health struggles. This worksheet will help you explore and compare your past and current addictive behaviors, identify triggers, and reflect on the emotional impact of these patterns. Take your time to answer each section honestly.

Categories	Previous Addiction	New Addiction
Describe what it is		
Potential internal and external triggers		
What pushes or motivates you to engage in it?		
What are your thoughts prior to and after engaging in it?		
How do you feel prior to and after engaging in it?		
What healthier alternatives can replace this addiction?		

By completing this worksheet, you are taking an important step in understanding your behavior and working toward healthier coping mechanisms. Remember, seeking professional support can be a powerful tool in your journey to recovery.