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PSY345

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Step One

Consequences List:

- If I do not stop then I will not be able to maintain a healthy lifestyle over time
- If I do not stop I may exacerbate my heart condition
- I will continue to spend money unnecessarily and could set myself back financially

Powerlessness List:

- If not, for this class I would not choose to stop engaging
- If I do not have accountability I will continue
- Even after a time of not engaging in the habit, I go back to it

Unmanageability List: Write out the ways in which your addiction has created chaos and destruction in your life.

- I have had health episodes because of it
- I have gotten upset at friends and family who have told me not to engage
- I am experiencing physical pain without it
- I have spent the last of my money on it when I needed it for something else

1. **What does addiction mean to me?** To me, addiction is a practice or activity that has become unmanageable and negatively affects your ability to live life in a healthy way.
2. **How has my addiction affected me physically? Mentally? Spiritually? Emotionally? Financially?** My addiction allows me to “feel better” mentally and emotionally, but it does solve my issues, it only adds to my distractions from them. Financially, it does not help me to be wise with my money, and stops me from saving.
3. **How does the self-centered part of my addiction affect my life and the life of those around me?** The biggest issue I foresee is that the addiction would affect my physical health long term. This would not only be terrible for me, but also for the people in my life who love me. My loved ones may also be upset with me because I did not stop engaging in the addiction.
4. **Have I blamed other people for my behavior?** I don't think so.
5. **Have I compared my addiction with other people's addictions?** Yes.
6. **What does unmanageability mean to me?** Unmanageability would mean that I can no longer function without the addiction.
7. **What troubles have been caused because of my addiction?** I have had tachycardia episodes, unwise spending of money, and a few arguments with family/friends.
8. **Have I used my addiction to change or suppress my feelings?** I think that I have.
9. **What reservations am I still holding onto?** I don't think that this exercise will keep me from engaging in the addiction in the future, and I anticipate “relapse.” I also don't want to deal with physical pain from withdrawal.

10. Do I accept that I'll never regain "control" over my addiction, even after a long period without use? I'm not sure.

11. What could my life be like if I surrendered completely? I think it would be healthier and more beneficial than how it is now.

12. Am I WILLING: to follow a sponsor's direction, go to meetings regularly and give recovery my best effort? I think so.

13. Have I made peace with the fact that I'm addicted and that I'll have to do things to stay clean? I'm not sure.