

Name: _____

Before You Begin:

1. What is it that you have chosen to give up: _____
2. Why have you chosen this? _____

3. Have other people in your life commented on your relationship to this thing/activity? What have they observed? Have you or has anyone else used the word "addiction" or "obsession" with regard to their observations of you and this thing or activity? _____

4. How big a part of your life is this at the moment? Describe your current relationship with this activity or item you are about to attempt to give up: _____

5. How successful do you think you will be in going without this thing you have given up for two weeks? _____

6. Predict how often you think you will fail: _____

7. Is there anything you could put in place now to prevent you from failing at all? _____

8. What will you do if you have a bad day and fail once or twice? How will you help yourself to beat your addiction and stick to your resolve to take a break from this thing or activity? _____

9. What do you predict might be the benefits of trying out this experiment? _____

