

## Self-Injurious Habits

Download this worksheet at [prescriptionswithoutpills.com](http://prescriptionswithoutpills.com).

Do you have self-injurious habits that feel too enticing for you to resist in spite of their downsides?

On the following activities checklist, note which may be controlling you:

I ENJOY	DOING TOO MUCH?	ADDICTION STAGE: I, II, III
Drinking alcoholic beverages	<input type="checkbox"/>	
Using marijuana	<input type="checkbox"/>	
Watching sports or other television programs	<input type="checkbox"/>	
Working long hours, well beyond a standard workday	<input type="checkbox"/>	
Shopping to feel good	<input type="checkbox"/>	
Frequent checking of email, social media, and texting	<input type="checkbox"/>	
Frequent number-checking, e.g., sales numbers, "likes," etc.	<input type="checkbox"/>	
Playing computer or other electronic games	<input type="checkbox"/>	
Sexual or emotional connecting with an inappropriate partner	<input type="checkbox"/>	
Pornography viewing or other illicit sexual activity	<input type="checkbox"/>	
Gambling, including obsessive stock market involvement	<input type="checkbox"/>	
Thinking that you have illnesses (hypochondria)	<input type="checkbox"/>	
Obsessive thinking, ruminating on negative thoughts	<input type="checkbox"/>	
Under-eating, overeating, or binge-purge eating cycles	<input type="checkbox"/>	
Binging on sugary foods or chocolate	<input type="checkbox"/>	
Smoking cigarettes or cigars	<input type="checkbox"/>	
Drinking excessive coffee, caffeinated sodas or energy drinks	<input type="checkbox"/>	
Stalking	<input type="checkbox"/>	
Excessively craving fame, status, popularity	<input type="checkbox"/>	
Compulsively seeking risk and thrills	<input type="checkbox"/>	
Acting sadistically	<input type="checkbox"/>	
Committing crime or violence	<input type="checkbox"/>	
Sniffing solvents	<input type="checkbox"/>	
Overachieving	<input type="checkbox"/>	
Over-exercising or weight-lifting	<input type="checkbox"/>	
Collecting (coins, cars, etc.)	<input type="checkbox"/>	
Cleaning compulsively	<input type="checkbox"/>	
Another habit	<input type="checkbox"/>	