

## Behavior Patterns Characteristic of Addict Mind and of Clean Mind

### ADDICT MIND

- Engaging in addictive behavior.
- Thinking, "I don't really have a problem with addiction."
- Thinking, "I can do a little."
- Thinking, "I can indulge my habit, if only on weekends."
- Thinking, "I can't stand this!"
- Glamorizing addiction.
- Surfing the Internet for ways to engage in addictive behaviors.
- Buying paraphernalia (food, drugs, videos, etc.) for addictive behavior.
- Selling or exchanging items related to addictive behaviors.
- Stealing to pay for addiction.
- Prostituting for money or for paraphernalia.
- Lying.
- Hiding.
- Isolating.
- Acting always busy; "Got to go!"
- Breaking promises.
- Committing crimes.
- Acting like a corpse.
- Having "no life."
- Acting desperate/obsessed.
- Not looking people in the eyes.
- Having poor hygiene.
- Avoiding doctors.
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

### CLEAN MIND

- Engaging in **apparently irrelevant behaviors** that in the past inevitably led to addictive behavior.
- Thinking, "I've learned my lesson."
- Thinking, "I can control the habit."
- Thinking, "I don't really have an addiction problem any more."
- Stopping or cutting back medication that helps with addiction.
- Being in environments where others engage in addictive behaviors.
- Seeing friends who are still addicted.
- Living with people who are addicted.
- Keeping addiction paraphernalia.
- Carrying around extra money.
- Being irresponsible with bills.
- Dressing like an addict.
- Not going to meetings.
- Not confronting the problems that fuel my addictive behaviors.
- Acting as if only willpower is needed.
- Isolating.
- Believing, "I can do this alone."
- Thinking, "I can take pain medicine/diet/engage in addictive behavior if prescribed or advised; I don't need to say anything about my past addiction."
- Thinking, "I can't stand this!"
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_