



Addiction Recovery Worksheet

Reflecting on your addiction	
How has your addiction helped/benefitted you?	What have been some lasting negative effects of your addiction?

Write 5 reasons that have motivated you to leave/seek help for your addiction?	
1.	
2.	
3.	

4.	
5.	

Reference

[Substance Abuse and Mental Health Services Administration. \(2019\). *Treatment Improvement Protocol Tip 35: Enhancing Motivation for Change in Substance Abuse Disorder*. Publication No. PEP19-02-01-003](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.