

Addiction Consequences Chart

Objective: To help you understand and reflect on how addiction has affected different aspects of your life, such as your physical health, emotional well-being, relationships, and career.

Instructions:

- **Use the Chart Template:** Begin by using the provided chart template. In the first column, list different areas of your life that may have been impacted by addiction, such as physical health, mental health, relationships, work, finances, and more.
- **Identify Consequences:** In the second column, think about and write down the specific changes or consequences you've noticed in each area due to addiction. For example, under physical health, you might note things like weight loss, fatigue, or frequent illnesses.
- **Assess Severity:** In the third column, rate how severe you feel these consequences are. You can use categories like mild, moderate, or severe to describe the impact on each area.
- **Brainstorm Solutions:** In the final column, jot down some possible steps or changes you can take to start addressing and reducing these negative consequences. Think about small, manageable actions that could help improve each aspect of your life.

Reflection Prompt:

1. Take a moment to reflect on the areas of your life that you feel have been most impacted by addiction. Which areas stand out to you the most?

2. Think about the changes you would like to focus on first. Which areas do you want to prioritize in your recovery journey?



3. Consider the long-term benefits of making these changes. How could addressing these areas positively affect your recovery and overall well-being?



IDENTIFY
SPECIFIC WAYS
ADDICTION HAS
IMPACTED EACH
AREA

MILD
MODERATE
SEVERE

LIFE AREA	CONSEQUENCE	SEVERITY	POSSIBLE STEPS
E.G. PHYSICAL HEALTH	GAINED WEIGHT DUE TO LACK OF EXERCISE	MODERATE	START A WALKING ROUTINE

LIST THE DIFFERENT
ASPECTS OF YOUR LIFE
(PHYSICAL HEALTH,
MENTAL HEALTH,
RELATIONSHIPS, WORK,
FINANCES, SOCIAL LIFE,
LEGAL ISSUES, ETC)

THINK ABOUT
WHAT ACTIONS YOU
COULD TAKE TO
ADDRESS EACH
CONSEQUENCE AND
WRITE THEM DOWN
HERE





Why Do This Activity?

- **Structured Approach:** The Addiction Consequences Chart provides a clear, organized way to look at how addiction is affecting different areas of your life. This approach is different from mapping or journaling because it breaks down the impact into specific categories, making it easier to understand.
- **Solution-Oriented:** This activity not only helps you see the challenges but also encourages you to start thinking about solutions. This can help you feel more empowered and motivated to make positive changes.
- **Useful for Sessions:** This chart can also be a helpful tool to discuss during your sessions. It allows you and your counselor to work together to create an actionable plan based on the areas you feel need the most attention.
- **Bring completed chart to session with your therapist or counselor.**