

Soft Addictions

TEMPLATE



Understanding what triggers your soft addictions will help you overcome them. When you discover what you are truly hungry for underneath your soft addictions, you can meet those deeper hungers directly rather than your surface wants. Use this tool to help you unlock patterns where you are stuck in your soft addictions and to make room for things that will truly nourish you and help you create a life of More.

What Soft Addiction did you turn to?

Other:

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What was happening right before you indulged in your soft addiction? What event, situation or circumstance triggered your soft addiction?

Check each primary feeling below you had or might have had prior to engaging in your soft addiction:

- | | |
|----------------------------------|-------------------------------|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Hurt |
| <input type="checkbox"/> Sadness | <input type="checkbox"/> Fear |
| <input type="checkbox"/> Joy | <input type="checkbox"/> Love |

What negative thoughts (stinking thinking) were going through your head during or after this event or situation?

Examples of negative thoughts (stinking thinking)

Overgeneralization: This always happens to me!

All or Nothing: If you're going to be late, don't bother coming at all.

Magnification: This is an absolute disaster.

Can't/Won't: I can't get this done on time.

Always/Never: You never call me back.

Jumping to conclusions: I'm sure that's what he meant.

Mind Reading: I knew he didn't like me. He didn't even say hello this morning.

Fortune Telling: I know this isn't going to work.

Projection: You're angry with me, aren't you?

Mental Filter: Dinner was ruined; the soup wasn't right.

Prejudice: I could tell he wasn't trustworthy just by looking at him.

Dismissing the Positives: It was only a little thing, it didn't really matter.

Magical Thinking: I am sure it will all work out somehow.

Helpless/Hopeless: No matter what I do it won't make a difference.

Emotional Reasoning: I feel bad, I must be bad.

Should statements: I should have done that earlier.

Blame and Shame: It's her fault we were late for the party.

Labelling: I am a jerk for not remembering her birthday.

Looped thinking/Obsession/Perseveration: I won't be late. I won't be late.

Identify mistaken beliefs that may have triggered your stinking thinking and soft addictions.

	yes	no
I am not beloved, worthy, or precious	<input type="checkbox"/>	<input type="checkbox"/>
My emotions are not important	<input type="checkbox"/>	<input type="checkbox"/>
There is no support for me	<input type="checkbox"/>	<input type="checkbox"/>
The world is an uncaring place	<input type="checkbox"/>	<input type="checkbox"/>

What positive thoughts or attitudes could you think instead?

Positive thoughts are thoughts reflecting the reality of the situation, or thoughts that are humorous, compassionate or forgiving.

Examples of positive thoughts

- This happens from time to time, but I can handle it.
- This is tough, but it's not insurmountable.
- I can get this done on time.
- Sometimes things go wrong.
- I wonder what he meant by that. I'll ask him.
- I feel nervous, but I can see how this will turn out OK.
- The soup didn't turn out, but the rest of the meal was great.
- I know I don't know him, so I will keep an open mind.
- My contributions count in the big picture.
- I need to apply myself to make sure this works out.
- I can do it.
- I feel upset, but that doesn't make me a bad person.
- I didn't do that sooner, but I can learn from this mistake.
- I am responsible for my own timeliness.



What was I really hungry for?

Spiritual hungers:

- | | |
|--|---|
| <input type="checkbox"/> To exist | <input type="checkbox"/> To know another human being |
| <input type="checkbox"/> To be heard | <input type="checkbox"/> To be close |
| <input type="checkbox"/> To be touched | <input type="checkbox"/> To feel connected |
| <input type="checkbox"/> To be loved | <input type="checkbox"/> To feel intimate |
| <input type="checkbox"/> To be affirmed | <input type="checkbox"/> To love |
| <input type="checkbox"/> To express | <input type="checkbox"/> To do what I came on here on earth to do |
| <input type="checkbox"/> To experience fully | <input type="checkbox"/> To make a difference |
| <input type="checkbox"/> To learn | <input type="checkbox"/> To please God |
| <input type="checkbox"/> To grow | <input type="checkbox"/> To fulfill my purpose |
| <input type="checkbox"/> To trust | <input type="checkbox"/> To unfold my destiny |
| <input type="checkbox"/> To develop | <input type="checkbox"/> To feel connected with the greater whole |
| <input type="checkbox"/> To be known | <input type="checkbox"/> To be one with all |
| <input type="checkbox"/> To matter | <input type="checkbox"/> To know God |

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Identify positive alternatives that I could do instead of my soft addictions to meet my deeper hungers

Examples:

Watching Television	to feel connected	Call a friend and go to a play
Surfing the Internet	to learn and grow	Go to a museum or a lecture on a subject that intrigues you
Overworking	to matter	List the ways you make a difference; take pride in your controbution
Gossiping	to connect; to belong	Talk about yourself and the person you are with, rather than others
Name Dropping	to be important	Talk about what matters instead of who matters
Shopping	to feel abundant	"Shop" for friends, ideas, possibilities instead of stuff
Fast Food	to be fullfilled	Have quick treats that aren't food
Chat Rooms	to feel connected	Call a friend and "chat live"
Isolation	to feel secure	Hang out with people you feel safe with

Congratulations!

You have completed your Soft Addictions Template!

You have taken a step towards a better understanding of your soft addictions, situations that trigger them, and your deeper hungers underneath. You are on your way to creating greater awareness of yourself and beginning the transformation to live a life of More.