

# Eliminating Compulsive Behaviors CBT Worksheet

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## Introduction

Understand what compulsive behaviors are and how they can negatively affect your recovery. Identify your approaches to eliminating these behaviors to maintain a balanced and successful recovery.

## Part I: Identifying and Addressing Compulsive Behaviors

### 1) Getting life under control by eliminating compulsive behaviors

Compulsive behaviors are actions people take without rational consideration, often as a result of irresistible impulses. These behaviors may replace compulsive substance use once a person is in recovery.

**Signs of compulsion may include but are not limited to:**

- Overindulging in food
- Tobacco use
- Consuming caffeinated sodas or coffee
- Excessive exercise
- Compulsive work habits
- Excessive spending or gambling

**Have you ever noticed yourself behaving excessively in any of the following ways?**

- Working all the time
- Abusing prescription medications
- Using other substances including alcohol (after stopping one substance)
- Drinking a lot of caffeinated sodas or coffee
- Smoking
- Eating foods high in sugar
- Exercising to the extreme
- Masturbating compulsively
- Gambling
- Spending too much money
- Other: Compulsively checking social media.

# Eliminating Selfdefeating Behaviors System

**Lei Huang**



## **Eliminating Selfdefeating Behaviors System:**

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