

- 1) Choose 4 of your food or substance addictions write them out in detail. (Worksheet 1)
 - a. First, write down reasons you choose to participate in this addiction.
 - b. Second, write down why you feel you haven't been able to break this addiction in the past.
- 2) Write down what you will do to replace the addictions you have written down above with one healthy food or activity. (Worksheet 2)
- 3) Keep following the Club Reduce[®] Eating and Healthy Living Guidelines.
- 4) Listen to the Self-Mastery Technology recording for this week.

Worksheet 1: Recognizing Addictions

Addiction #1:

Why Do I Do This?

Why haven't I been able to change this in the past?

Addiction #2:

Why Do I Do This?

Why haven't I been able to change this in the past?

Addiction #3: _____

Why Do I Do This? _____

Why haven't I been able to change this in the past? _____

Addiction #4: _____

Why Do I Do This? _____

Why haven't I been able to change this in the past? _____

Worksheet 2: Breaking Addictions

Write down what you will do to replace the addictions you have written down above with one healthy food or activity.

Addiction #1: _____

Healthy activity or food to replace this addiction:

Addiction #2: _____

Healthy activity or food to replace this addiction:

Addiction #3: _____

Healthy activity or food to replace this addiction:

Addiction #4: _____

Healthy activity or food to replace this addiction:

