

- 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<sup>®</sup> Eating and Healthy Living Guidelines.
- 4) Listen to the Self-Mastery Technology recording for this week.

## **Worksheet 1: Recognizing Addictions**

**Addiction #1:**

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**Why Do I Do This?**

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

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**Addiction #2:**

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**Why Do I Do This?**

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

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**Addiction #3:** \_\_\_\_\_

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**Why Do I Do This?** \_\_\_\_\_

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

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**Addiction #4:** \_\_\_\_\_

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**Why Do I Do This?** \_\_\_\_\_

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

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## **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:** \_\_\_\_\_

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**Healthy activity or food to replace this addiction:**

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**Addiction #2:** \_\_\_\_\_

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**Healthy activity or food to replace this addiction:**

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**Addiction #3:** \_\_\_\_\_

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**Healthy activity or food to replace this addiction:**

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**Addiction #4:** \_\_\_\_\_

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**Healthy activity or food to replace this addiction:**

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