

My Addictive Cycle

Use this to see where you are on a daily basis or when troubled in order to maintain your sobriety.

The most important aspect to a full recovery is knowing which brain you are in at all times. The second most important aspect is to be able to regulate yourself in healthy ways.

List here your triggers (feelings and thoughts), the sensations that are telling you that your brain is hijacked and finally your regulatory behaviors so that you stay conscious of your unconscious patterns.

[illegible]