

Figure 16  
 HOW CRIMINAL AND ADDICTIVE THINKING DRIVE EACH OTHER

**ADDICTIVE THINKING**

**Controls with Deceit**

- manipulates with lies
- undermines & confuses
- passive-aggressive
- abusive
- cheats and cons

**Self-Obsessed**

- self is shameful
- self-pitying
- loner
- unique
- resentful

**Irresponsible**

- false promises
- sexually selfish
- impulsive
- unreliable
- denies facts
- ducks obligations

**False Pride**

- self is special
- grandiose
- sentimental
- cynical
- fear of death
- self is smarter
- intolerant

**Pleasure Focused**

- craves sensuality
- instant gratification
- lustful
- low discomfort tolerance

**Rigid**

- self-righteous
- defensive
- need to be right
- perfectionistic
- judgmental
- absolutist



**CRIMINAL THINKING**

**Controls with Power**

- manipulates with threats
- undermines & confuses
- intimidates
- abusive
- cheats and cons

**Self-Centered**

- self is nothing (zero)
- self is victim
- loner
- unique
- entitled

**Irresponsible**

- lack of effort
- sexually predatory
- impulsive
- unreliable
- distorts facts
- refuses obligations

**Criminal Pride**

- self is good person
- extremely high self-image
- sentimental
- cynical
- fear of humiliation
- self is tougher
- quick temper

**Excitement Focused**

- craves thrills
- instant gratification
- power hungry
- low boredom tolerance

**Concrete**

- self-righteous
- close-minded
- need to be on top
- perfectionistic
- all or nothing
- absolutist



EXERCISE **72** EXERCISE

### Your Drug and Alcohol Crimes

- List some crimes you committed to get drunk or high.

---

---

---

- List crimes you committed *while* you were drunk or high.

---

---

---

- Are there crimes you believe you might *not* have committed if it weren't for your alcohol or drug use? List them.

---

---

---



If you have not already done so, you are now ready to start identifying the addictive thinking patterns and alternative thoughts and adding them to your Thinking Report on page 179.