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
 lustful
 low discomfort tolerance

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

Figure 16
HOW CRIMINAL AND ADDICTIVE THINKING DRIVE EACH OTHER

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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.