



### Activity #1 Identify Your Addictions

What are all of the unproductive/harmful things you are addicted to? What things do you compulsively think about? First identify all of the obviously bad addictions. These addictions may be costing you money, time, energy, health, and motivation. Common examples have been listed below. Please be aware, video games, social media, caffeine, among others may not be “bad” addictions for everyone. It is for you to decide what addictions are holding you back in life.

- 1) Nicotine
  - 2) THC/ weed
  - 3) Energy Drinks
  - 4) Excessive caffeine
  - 5) Shopping
  - 6) Gambling
  - 7) Alcohol
  - 8) Pornography
  - 9) Social media
  - 10) Video Games
  - 11) Pharmaceutical drugs
  - 12) Sugar
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- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
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