

## Worksheet: Family And Addiction

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- √ List 3 beliefs your parents generally demonstrated about children, e.g. 'Better safe than sorry' or 'You can do anything you set your mind to' and assess if they were mostly healthy or unhealthy:

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List 3 coping mechanisms your family used to maintain stability and assess if they were mostly healthy or unhealthy

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List 3 coping mechanisms your family used to deal with your addiction and assess if they were mostly healthy or unhealthy

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- √ Complete the following for the key members of your family of origin:

How they have been impacted <u>by</u> your addiction	How they have impacted your addiction
Name: .....	
.....	.....
.....	.....
.....	.....
3 actions you can take to acknowledge the impact of addiction on them: .....	
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How they have been impacted <u>by</u> your addiction	How they have impacted your addiction
Name:.....	
..... ..... ..... .....	..... ..... ..... .....
3 actions you can take to acknowledge the impact of addiction on them:..... ..... ..... .....	
Name:.....	
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