

# Warning Signs for Addicts

## 1. Emotions

Loneliness/disconnected  
Powerlessness  
Fear/Anxiety  
—Inadequacy/worth-less  
—Rejection/abandonment  
Guilt  
Boredom  
Anger  
Shame  
Numb

## 2. Thoughts

Euphoric recall  
Wanting to fix others  
Using computer w/o safeguards  
Moving too fast (dating, career)  
I'm a bad person/I'm unlovable  
Get over it  
Dreams  
Racing thoughts  
Fantasy  
Suicidal ideation  
Objectifying  
Nobody cares what I do  
Missing drug friends  
I've got to be perfect  
I am stupid/bad/unworthy  
Poor me (perpetual victim)  
Nobody gets how I feel  
I'll never get through this  
I'll never be enough  
Criticizing others (thought/behavior)

## 3. Behaviors

Cruising (for drugs, sex, triggers)  
Not doing therapy/homework  
Isolating/not being present  
Keeping secrets  
Disorganization (car, home, job)  
Not planning/following plan  
Over-commitment  
Overspending  
Movies/TV (content/extent)  
Not pursuing hobbies/interests  
Unnecessary shopping  
Not sharing thoughts/feelings  
Unhealthy risk-taking  
Dealing with surprises  
Driving aggressively  
Internet surfing  
Not expressing gratitude  
Defensiveness  
Driving too fast  
Objectifying others  
Lying  
Stealing  
Depression/anxiety  
Fixing others  
Not planning/over-planning  
Sarcasm  
Procrastination  
Swearing, yelling, etc.  
Tobacco  
Overeating

#### **4. People, Places, & Things**

Uncomfortable at social events  
Seeking out positive places  
Messy home  
Drug friends (bad choice of friends)  
Billboards  
Personal ads/phone lines  
Chat line  
Using computer w/o safeguards  
Driving in sex or drug areas  
Dealers/bars/night or strip clubs  
Contact with ex-partners  
Internet (time, reasons, etc.)  
Hanging out at the mall

#### **5. Physical**

Not exercising/too much exercise  
Unhealthy eating habits  
Staying up/getting up late  
Sleep (too much/too little)  
Poor personal hygiene  
—Not brushing teeth  
Too much personal grooming  
Headaches/muscle pain  
Major weight loss/gain  
Illness (chronic or temporary)  
Injuries (or wounds, bruises, etc.)  
Breaking out (acne)  
Tension (shoulders, jaw, etc.)

#### **6. Relational**

Taking other's inventory  
Harboring resentments  
Not connecting with others (friends,  
group-members, sponsor, etc.)  
Not keeping commitments

Treating people poorly  
Gossiping  
Not socializing  
Not trying to make new friends  
Being closed off with others  
Snapping at others  
Being critical/judgmental  
People pleasing  
Break-ups  
Isolation/withdrawing  
Losing focus in conversations  
Unwillingness to talk about me  
Always talking about myself

#### **7. Spiritual\***

Prayer  
Meditation  
Spiritual Meditation Reading  
12-step meetings  
Gratitude  
Morning Ritual  
Evening Ritual  
Calling a friend in recovery  
Church  
Scripture/Spiritual readings  
Poetry  
Yoga  
Nature  
Religious addiction/obsession  
Community participation/service  
Connectedness  
Loss of interest

\*The warning signs here are not doing these positive spiritual practices

**To turn this into a Rewind, start by reviewing all the items on the list to see what showed up during the day. Celebrate your successes, recognizing your progress. Then look at the one to two things that need to be improved upon today. Do an autopsy on those to learn more about yourself and come up with a game plan to intervene better with those few things.**

## Warning Signs for Partners

### 1. Emotions

Loneliness/disconnection

Powerlessness

Fear/Anxiety

- Inadequacy/worth-less
- Insecure
- Rejection/abandonment
- Helpless/hopeless
- Stuck/trapped
- Uncertain

Grief

Overwhelmed

Anger

Unappreciated/unloved

Resentment

Ignored

Tired

Discouraged

Shocked

I've got to be perfect

I am ugly

Poor me (perpetual victim)

Nobody gets how I feel

I'll never get through this

I'll never be enough

It will never get any better

Will it ever get better

Will it ever be good enough (for both  
of us)

Why have I wasted so many years

Our whole marriage has been a lie

Was anything real

How do I trust again

Is trust even possible

Is intimacy ever possible again

How do I trust what I feel

How will I know when I can trust him

Criticizing others (thought/behavior)

### 2. Thoughts

Memories of past experiences

Wanting to fix others

Checking computer history/email

Stagnant recovery progress

I'm not good enough for him

I'm unlovable

If only I were . . .

Dreams

Racing thoughts

Suicidal ideation

I'm completely alone

There is no one I can talk to

### 3. Behaviors

Checking computer/phone

Blaming/shaming

Not doing therapy/homework

Isolating/not being present

Keeping secrets

Disorganization (car, home, job)

Not planning/following plan

Over-commitment

Overspending

Movies/TV (extent)

Not pursuing hobbies/interests

Unnecessary shopping

Not sharing thoughts/feelings  
Unhealthy risk-taking  
Dealing with surprises  
Driving aggressively  
Expressing gratitude  
Defensiveness  
Lying  
Depression/anxiety  
Fixing others  
Not planning/over-planning  
Sarcasm  
Procrastination  
Swearing, yelling, etc.  
Tobacco  
Overeating

#### **4. People, Places, & Things**

Uncomfortable at social events  
Not seeking out positive places  
Messy home  
Negative friends  
Forming inappropriate relationships  
Internet (time, reasons, etc.)  
Avoiding the home

#### **5. Physical**

Not exercising/too much exercise  
Unhealthy eating habits  
Staying up/getting up late  
Sleep (too much/too little)  
Poor personal hygiene  
—Not brushing teeth  
Too much personal grooming  
Headaches/muscle pain  
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