

Tool 2.1: Build understanding and empathy¹

Date:

People engage in addictive behaviors because they get something that they like, want, or need out of them. Even if those same behaviors have major downsides. Take a moment to reflect on why your loved one does what they do.

**How do you think your loved one would answer the question:
“What does my addictive behavior do for me?”**

	Helps me feel less anxious
	Helps me feel less depressed
	Makes me feel good/happy
	Takes away the boredom
	Lessens my physical pain
	Makes me excited/inspired
	Helps me socialize
	Lets me feel part of something
	Helps me unwind after a brutal week
	Helps me focus and concentrate on important things
	Helps me lose weight
	Makes me funny
	Makes me appreciate others

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	Helps me get to sleep
	Makes it easier to face the day
	Other:
If you put them in order, which do you think are your loved one's top three reasons for addictive behavior?	
1.	
2.	
3.	

¹ Adapted from **The Invitation to Change: A Short Guide**. Published by CMC:Foundation for Change.