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Addictive thinking examples. Addictive thinking patterns worksheets. Addictive thinking patterns worksheets pdf. Criminal and addictive thinking worksheets. Addiction therapy worksheets. Addiction cbt worksheets. What is addictive thinking. Criminal addictive thinking activities. Pros and cons of addiction worksheet. Criminal and addictive thinking worksheets pdf. Addiction worksheets.

An addiction doesn't just alter how you use drugs or alcohol; it also changes how you think, feel, and behave. At its core, an addiction is a series of brain changes that make it hard to stop using substances on your own. These changes lead to addictive thought patterns that can be tough to overcome. However, by understanding these patterns, you can challenge them and create a path away from addiction towards a better life in recovery. Research has shown that substance use creates lasting brain changes that hijack the brain's reward system. This process occurs primarily in the dopamine pathway, which is responsible for learning, repeated behaviors, and anticipation. In an unaddicted brain, this pathway encourages socializing, enjoying good food, and pursuing hobbies or activities you find enjoyable.

Name: _____Date: _____

THINKING ERRORS

INTERIOR NEED	PERFECTIONISM	CONFIRMATION BIAS	OVERSIGHT	WITCH CHARGE
OVERCONFIDENCE	PERFECTIONISM	WITCH CHARGE	CONFIRMATION BIAS	CONCRETE THOUGHTS
RELIGION	CONFIRMATION BIAS	FREE	OVERSIGHT	LYING
FEAR OF FEAR	ENERGY	FEAR	RELAPS TO ANTHONY	LYING
CONFIRMATION BIAS	WITCH CHARGE	CONFIRMATION BIAS	CONFIRMATION BIAS	CONFIRMATION BIAS

Name: _____Date: _____

THINKING ERRORS

LACK OF TRUST	FEAR	CONFIRMATION BIAS	OVERSIGHT	WITCH CHARGE
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Name: _____Date: _____

Criminal Psychology & Personal Profiling

1. Criminal, not just a person	A. Substantive
2. Criminal thinking is not a disorder, or with a criminal attitude	B. True
3. Parts or aspects of thinking	C. True
4. Criminals are not a disorder or a disorder	D. True
5. Belonging to the class of a person	E. True
6. People who are not a disorder or a disorder	F. True
7. The class of a person or a disorder	G. True
8. Belonging to the class of a person	H. True
9. Belonging to the class of a person	I. True
10. Belonging to the class of a person	J. True
11. Belonging to the class of a person	K. True
12. Belonging to the class of a person	L. True
13. Belonging to the class of a person	M. True
14. Belonging to the class of a person	N. True
15. Belonging to the class of a person	O. True
16. Belonging to the class of a person	P. True
17. Belonging to the class of a person	Q. True
18. Belonging to the class of a person	R. True
19. Belonging to the class of a person	S. True
20. Belonging to the class of a person	T. True
21. Belonging to the class of a person	U. True
22. Belonging to the class of a person	V. True
23. Belonging to the class of a person	W. True
24. Belonging to the class of a person	X. True
25. Belonging to the class of a person	Y. True
26. Belonging to the class of a person	Z. True

Criminal and addictive thinking worksheets pdf. Addiction worksheets.

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