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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 behavior, and anticipation. In an unaddicted brain, this pathway encourages socializing, enjoying good food, and pursuing hobbies or activities you find enjoyable.

THINKING ERRORS					THINKING ERRORS				
PRETENTIOUSNESS	FRAGMENTATION	SENTIMENTALITY	OWNERSHIP	VICTIM STANCE	LACK OF TRUST	FEAR	CLOSED CHANNEL	DEFERMENT	OWNERSHIP
ZERO STATE	PERFECTIONISM	LACK OF TRUST	SEXUALITY	CONCRETE THINKING	ZERO STATE	RELIGION	ANGER	PERFECTIONISM	SUGGESTIBILITY
RELIGION	SUGGESTIBILITY	FREE	DEFERMENT	LYING	POOR DECISION MAKING	LYING	FREE	VICTIM STANCE	CONCRETE THINKING
FEAR OF FEAR	ENERGY	FEAR	REFUSAL TO BE DEPENDENT	'I CAN'T'	ENERGY	PRETENTIOUSNESS	SENTIMENTALITY	REFUSAL TO BE DEPENDENT	PRIDE
CORROSION & CUTOFF	LACK OF TIME PERSPECTIVE	UNIQUENESS	POOR DECISION MAKING	CLOSED CHANNEL	FAILURE TO ASSUME OBLIGATION	'I CAN'T'	CORROSION & CUTOFF	FRAGMENTATION	UNIQUENESS
THINKING ERRORS					THINKING ERRORS				
REFUSAL TO BE DEPENDENT	ENERGY	THE LONER	LACK OF TIME PERSPECTIVE	SUPER OPTIMISM	UNIQUENESS	LACK OF TIME PERSPECTIVE	THE LONER	CONCRETE THINKING	POOR DECISION MAKING
PRETENTIOUSNESS	VICTIM STANCE	POWER THRUST	PERFECTIONISM	CORROSION & CUTOFF	FAILURE TO ASSUME OBLIGATION	REFUSAL TO BE DEPENDENT	FEAR	SENTIMENTALITY	CLOSED CHANNEL
ZERO STATE	CONCRETE THINKING	FREE	FRAGMENTATION	SEXUALITY	DEFERMENT	PERFECTIONISM	FREE	CORROSION & CUTOFF	PRIDE
'I CAN'T'	ANGER	FEAR OF FEAR	LYING	POOR DECISION MAKING	LYING	VICTIM STANCE	SUGGESTIBILITY	SUPER OPTIMISM	SEXUALITY
SUGGESTIBILITY	UNIQUENESS	DEFERMENT	CLOSED CHANNEL	PRIDE	'I CAN'T'	ENERGY	FEAR OF FEAR	PRETENTIOUSNESS	OWNERSHIP

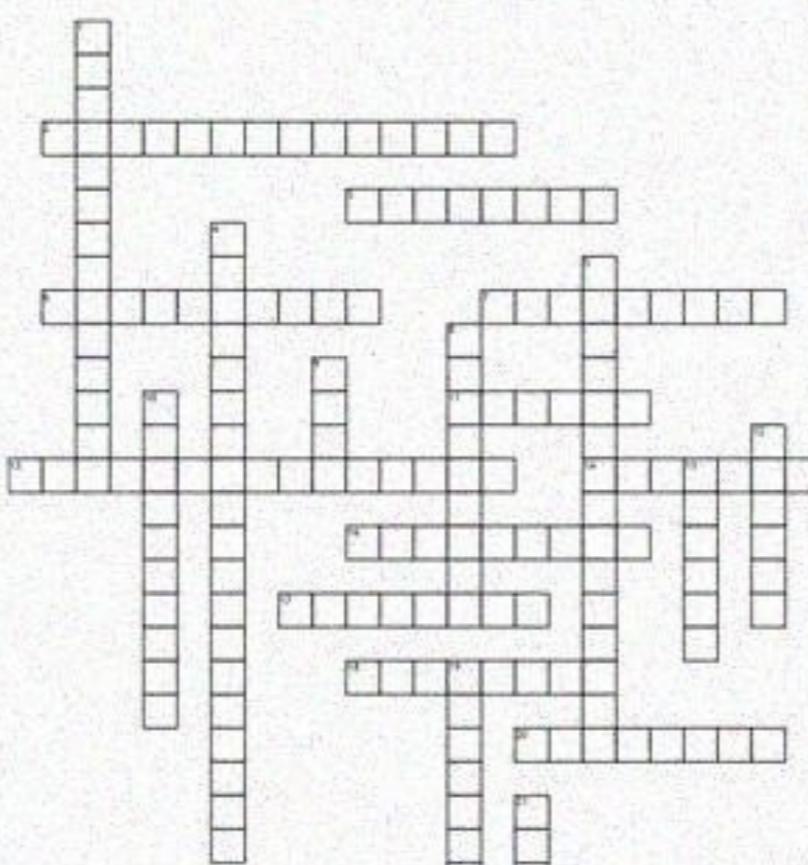
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Name:	Date:
Criminal Psychology & Personal Profiling	
1. Claimed, but not yet proven	A. schizophrenic
2. In a manner displaying arrogance or disregard, or with a carefree attitude	B. vogue
3. Parts or aspects of something	C. facets
4. Conclusions drawn from evidence or reasoning	D. pragmatic
5. Believable in the absence of proof	E. criminology
6. People who achieve sexual satisfaction by causing pain in others	F. voracious
7. Real, capable of being touched or understood	G. psychopathic
8. Ravenous, insatiable	H. charlatanism
9. Unusual, not typical	I. protocols
10. The practice of falsely claiming a special skill or expertise	J. credibility
11. Relating to language or languages	K. preocious
12. Practical, concerned with facts	L. tangible
13. Having a psychotic disorder characterized by illogical thinking, hallucinations, delusions, and withdrawal from reality	M. plausibility
14. The state of being popular at a particular time	N. linguistic
15. Relating to hearing	O. inferences
16. The ability to inspire trust	P. atypical
17. Relating to the study of the causes and development of psychiatric disorders	Q. psychopathology
18. The sociological study of crime, criminals, and the punishment of criminals	R. auditory
19. Standard procedures	S. cavalierly
20. More developed than is expected	T. sadists
21. Possessing antisocial, aggressive, or perverted tendencies	U. alleged

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Criminal / Addictive Thinking**Across**

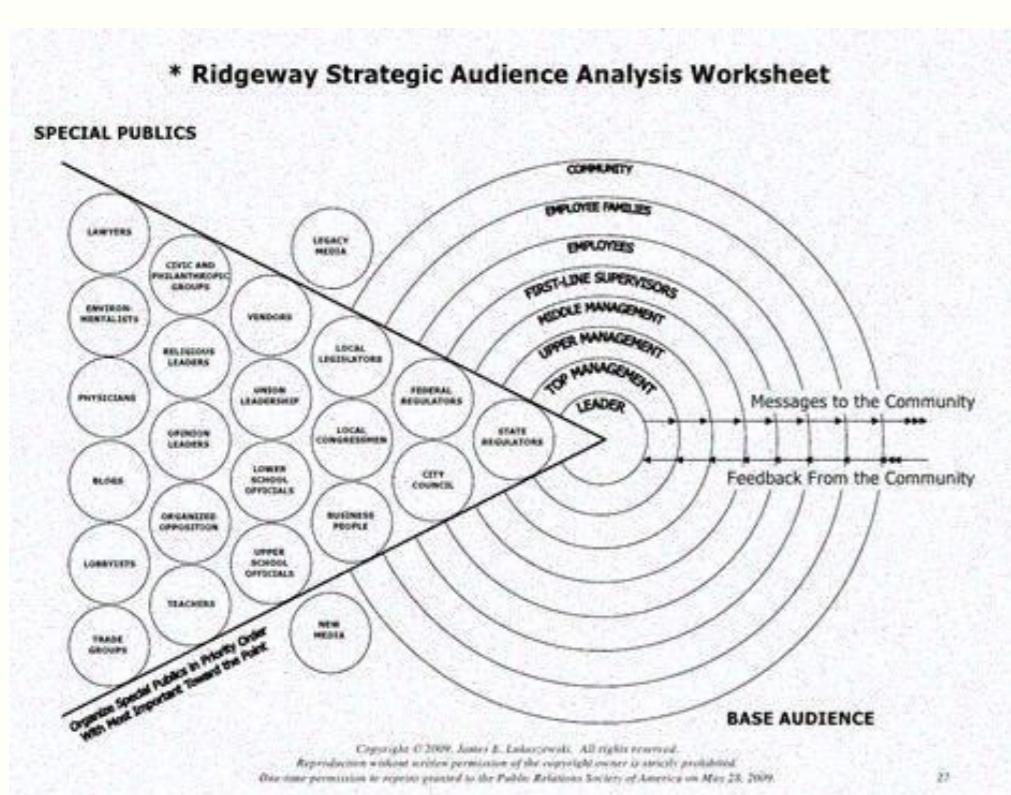
2. I don't want anyone to know what I am doing or have gotten myself into
 3. These reports help us analyze where our thinking is distorted
 6. I mowed her lawn so she owed me
 7. What mine is mine and what's yours is mine!!
 11. Don't blame me I didn't do it
 13. I can help, but what are you going to do for me??
 14. Distorted ____ maps can lead us a stray

16. Keep silent to avoid notice
 17. This thinking is what landed all of us here
 18. Our ____ is something we can control
 20. Poor Me
 22. Anger is an example of this strategy
 23. I told you too, that's why. Better get it done.
 4. Living the life, lots of friends, I do what I want.
 5. Denial to ones self and others is a form of this
 8. Did you see what he did though? Strategy
 9. These are strong beliefs
 10. I want what I want, when I want it, which is NOW
 12. We have the power to do this otherwise we will end up in jail or worse
 15. I won't get caught cause I'm to smart is a ____ person stance
 19. This thinking is what caused us to start down the criminal thinking path
 21. This helps you to stay focused on the future

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June 12, 2012 | Recovery Connection | Addiction, Support Addiction often stems from a specific thinking style that enables the use of substances despite negative consequences. Research suggests that individuals with addictions may have cognitive differences and brains that don't fully process long-term consequences. This impulsivity can lead to distrust in relationships and isolation, perpetuating the cycle of addiction. Pleasure and pain are fundamental motivators for behaviors. The limbic and autonomic nervous systems regulate our perception of pleasure and pain. The combination of these system responses elicits feelings based on behavior and substance use. Pleasure affects drive continued behavior, while pain effects cease the behavior, except in rare cases where the opposite occurs. Pleasure creates a correlation between behavior and self-association, influencing thought processes. Obsessive thoughts can be distressing for addicts trying to stop addiction. Chemical changes in the brain influence thoughts about substance use, producing common addictive patterns such as impulsivity, prioritizing pleasure, and weakened societal goals. These patterns are sustained by denial, isolation, and irrational decision making: denial of reality, self-preoccupation with one's own thoughts and feelings, and illogical decisions.



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**Criminal thinking error worksheet pdf**

Thinking error and their explanation is given below. These errors are predominant in criminal's minds.

Criminal thinking errors	Characteristics	Present (yes/no)
Views self as a good person	<ul style="list-style-type: none"> They build themselves up at others' expense Fail to acknowledge his/her destructive behavior 	
Lack of effort	<ul style="list-style-type: none"> No sense of obligation Lack of interest in responsible performance 	
Want power / power thrust	<ul style="list-style-type: none"> They want everything under their control Manipulate others for his/her own interest 	
Ownership attitude	<ul style="list-style-type: none"> There is no concept of ownership or rights of others. 	
Closed channel thinking	<ul style="list-style-type: none"> Cannot tolerate criticism Eager to point out others' faults 	
Blame others	<ul style="list-style-type: none"> Views self as victim Always blame social conditions and others 	
Ignore past experiences	<ul style="list-style-type: none"> Does not use the past as a learning tool Take decisions on assumptions, not facts 	
I'm unique in thinking	<ul style="list-style-type: none"> Consider themselves different and 	

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Others' boundaries, values, and morals get compromised as addicts seek drugs to cope with stress stemming from their obsession. Unhealthy thought patterns affect daily life, causing issues with work, finances, and relationships. The consequences of addictive thinking are devastating - it fosters distrust, isolation, and ultimately, addiction. Addicts prioritize substance use over family and friends, leading to unhealthy behaviors that damage relationships. Non-addicts begin questioning the addict's motives and decision-making processes, breeding distrust based on past experiences. As a result, addicts become isolated as loved ones distance themselves to avoid being hurt by the addictive behavior. The addict's thought processes fuel arguments with others, driving them away. This, in turn, reinforces the desire to use drugs as an escape, perpetuating the isolation pattern. Addiction thrives on this isolation and distrust from family, friends, employers, and colleagues. Denial helps addicts feel justified in their substance abuse, allowing addiction to grow stronger. When addictive thinking is present, the negative consequences of drug use are outweighed by the temporary euphoria it provides. To overcome addiction, individuals must address these thought patterns in a rehab center - breaking them alone can be challenging.