

Addiction

Understanding the Pattern I Want Help With

Adults | 10 to 15 minutes

A pattern may offer relief, belonging, stimulation, or escape while also creating problems. Looking at both sides can help you explain what you need. You do not have to agree with someone else's label before asking for support.

Choose one recent episode. Keep the description factual and identify a goal you would be willing to discuss.

Look at function and impact

Describe what happened just before the episode, what you hoped it would change, and what followed. Include practical costs and any need that remained unmet.

Choose the next conversation

Identify the kind of help needed: medical assessment, a safer environment, treatment information, or practical support. For substances with withdrawal risk, discuss changes with a qualified clinician first.

1. What happened before the pattern started?**2. What did it offer me in the moment?****3. What consequence or unmet need matters to me now?****4. What help or change am I willing to explore?****Clinical use and adaptation**

Clarify the specific behavior or substance and relevant risks rather than assuming a single addiction model. Preserve autonomy. Do not advise abrupt alcohol or regular benzodiazepine cessation; urgent safety and medical needs take priority.