

Positive Reframing Table for Habits and Addictions*

Describe the habit / addiction you want to change:

Your habit or addiction it can be almost anything—overeating, drugs or alcohol, cell phone use, internet surfing, buying things on sale, shoplifting, procrastination, internet porn, having affairs, smoking, biting your nails, etc.

Advantages What are some <i>benefits</i> of this habit / addiction?	Disadvantages What are the <i>disadvantages</i> of trying to change or give up this habit / addiction?	Core Values What does this habit / addiction say about you and your values that's <i>positive</i> and <i>awesome</i> ?

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Desired or feared action:

