

Addiction Negative Consequences Inventory

- Have you seriously damaged your relationships with other people because of your addictive behaviors? If so, list the relationships and how you damaged them.
- If other people have told you how you have hurt them, then write down what they said.
- Describe any missed school assignments or work responsibilities that resulted from your video game/Internet addiction.
- Describe any times that you completely lost track of time while playing or using the Internet?
- Describe times and ways that you have significantly neglected or damaged relationships with your loved ones in order to indulge in your addictive behaviors.
- Describe any illnesses that have resulted from your video game/Internet addiction.
- If your addictive behavior contributed to excessive spending, describe the situations and why you did it.
- Describe times that you have withdrawn from social interaction and isolated yourself to an extreme degree and why.
- Describe incidents where you expressed inappropriate anger towards other people.

- Describe embarrassing or humiliating incidents in your life. Were they related to your addictive behaviors? If so, how were they related?
- Describe attempts that you have made in the past to control your addiction. How successful have they been? Do these attempts show the powerlessness that you have over your addiction?
- Do you feel any remorse from the ways that you have acted in your life? If so, explain that in detail.
- Describe any irrational or crazy set of events that have happened since you began your addictive behavior. Did you rationalize this behavior? If so, in what way?
- Have you avoided people because they did not share in or approve of your addictive behavior? If so, list these people and situations.
- Describe any dreams that you have had that exhibit the unmanageability or chaos of your life.
- Can you pinpoint one time period in your life when your life began to become extremely unmanageable? If so, describe that period of time and what was happening.
- Is there one incident or insight that made you realize that your life was unmanageable? If so, describe it in detail.
- Have you had any broken relationships? If so, describe them and how they hurt others or yourself. Describe any grudges, anger or resentment that you have over these relationships.

- Have you ever felt self-righteous? Explain when and the circumstances. Was this justified? Elaborate.
- What events or triggers have caused you to begin your addictive behaviors in the past? Describe situations, feelings, events, or people that you seem to be a part of your life just before or during your addictive behaviors.
- Have you ever held a grudge? Did you try to get revenge? If so, explain the situation and how it played out, including whether or not someone else was hurt.
- Describe times that you have been oversensitive. Did this ever damage your relationship with others, or were you just trying to keep your own boundaries?
- Describe the faults that you most detest in others. Do you have any of these traits yourself?
- Put a checkmark beside any of the following traits that you despise in others. Also check whether you see these traits in yourself.

Traits that I Despise in Others					
Trait	In Others	In Myself	Trait	In Others	In Myself
Selfishness			Greedy		
Cowardice			Snobbish		
Dishonesty			Sarcastic		
Fearfulness			Hypercritical		
Controlling			Gossip		
Manipulative			Tightwad		
Intimidating			Harsh		
Power-hungry			Unforgiving		
Possessive			Verbally abusive		
Prejudiced			Physically abusive		

Overly dependent			Sexually abusive		
Procrastinating			Impatient		
Judgmental			Adulterous		
Preoccupied			Sneakiness		
Lying			Ungrateful		
Cheating			Cynical		
Intolerant			Bitter		
Self-Pitying			Full of Rage		
Jealous			Envious		
Insecure					

- Have you failed to do things that you KNOW that you should have done? If so, then explain in detail.
- What are your fears? How have they caused you difficulty in your life?
- Describe your relationship with your friends, co-workers or neighbors. Is there something that you wish that you could do over again? If so, explain in detail.
- Describe your relationships with your family of origin. Do you have conflicts with any siblings or with your parents? Are you avoiding these matters in your family?
- Describe the earliest memories of your life. Did you share a similar personality with those in your family or were they very different than you? Do you think that these similarities or differences caused problems in your life? If so, explain.
- If you were to describe your family's major themes, what would they be?
- Describe your relationships with your nuclear family (spouse and children) if that is different now from your family of origin. Is there anything that you wish that you could erase from this part of your life?

- Describe in detail any major experiences in your life that you believe changed your life forever afterwards (good or bad).
- What decisions have you made in your life that made a significant impact on your life? How did you go about making those decisions?
- How much of your life have you used up already? If you drew a time line of your life, where would you be now?
- Put your major experiences and major decisions on a timeline. Is there a pattern of any kind?
- What are you most ashamed of in your life?
- Do you see any patterns in your addictive behaviors? If so, explain them in detail.
- What have you done to cover and conceal your addictive behaviors? What other deceptions did this lead to?
- What kind of personality do you exhibit at home? At school? At work? When no-one is around?
- What is so shameful in your life that you would not want to tell anyone? Who would you hurt if you told this?

