

POWER OF ADDICTION LOG (Week 1)

TIPS: You can use this log to learn when you are most tempted to give in to your addiction and how powerful the temptation is. Try using the log for at least 3 weeks to get an accurate reading. See if you notice any patterns.

Day of the Week: Sunday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Monday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Tuesday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)

Day of the Week: Wednesday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Thursday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Friday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Saturday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)

POWER OF ADDICTION LOG (Week 2)

TIPS: You can use this log to learn when you are most tempted to do your drug/action of choice and how powerful the temptation is. Try using the log for 2 or 3 weeks to get an accurate reading. See if you notice any patterns.

Day of the Week: Sunday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Monday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Tuesday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)

Day of the Week: Wednesday	Time of Day: (Circle one) <ul style="list-style-type: none"><input type="radio"/> Morning<input type="radio"/> Afternoon<input type="radio"/> Evening<input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Thursday	Time of Day: (Circle one) <ul style="list-style-type: none"><input type="radio"/> Morning<input type="radio"/> Afternoon<input type="radio"/> Evening<input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Friday	Time of Day: (Circle one) <ul style="list-style-type: none"><input type="radio"/> Morning<input type="radio"/> Afternoon<input type="radio"/> Evening<input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Saturday	Time of Day: (Circle one) <ul style="list-style-type: none"><input type="radio"/> Morning<input type="radio"/> Afternoon<input type="radio"/> Evening<input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)

POWER OF ADDICTION LOG (Week 3)

TIPS: You can use this log to learn when you are most tempted to do your drug/action of choice and how powerful the temptation is. Try using the log for 2 or 3 weeks to get an accurate reading. See if you notice any patterns.

Day of the Week: Sunday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Monday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Tuesday	Time of Day: (Circle one) <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening <input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)

Day of the Week: Wednesday	Time of Day: (Circle one) <ul style="list-style-type: none"><input type="radio"/> Morning<input type="radio"/> Afternoon<input type="radio"/> Evening<input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Thursday	Time of Day: (Circle one) <ul style="list-style-type: none"><input type="radio"/> Morning<input type="radio"/> Afternoon<input type="radio"/> Evening<input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Friday	Time of Day: (Circle one) <ul style="list-style-type: none"><input type="radio"/> Morning<input type="radio"/> Afternoon<input type="radio"/> Evening<input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)
Day of the Week: Saturday	Time of Day: (Circle one) <ul style="list-style-type: none"><input type="radio"/> Morning<input type="radio"/> Afternoon<input type="radio"/> Evening<input type="radio"/> N/A (no temptation today)
Rate the power of the temptation on a scale of 1-10, 1 being the least powerful and 10 being the most powerful.	1-2-3-4-5-6-7-8-9-10 (Circle One)

Do you see any patterns developing? Try to answer the following questions:

1. What day of the week did you usually experience the strongest temptations?
 - a.
2. What time of day did you usually experience the strongest temptations?
 - a.
3. Why do you think the temptation occurs most frequently on that day?
 - a.
4. Why do you think the temptation occurs most frequently at that time of day?
 - a.