

# Question Exercise

Think of a recent time when you gave in to your addiction. Try to answer these questions.

When you get to number 6. (the 5 Whys), give the reason, then the reason for that reason, etc.

1. Who was involved?
2. What happened?
3. When did it happen?
4. Where did it happen?
5. How did it happen?
6. 5 Whys (Answer WHY 5 times to drill down to the root cause.)
  - a. Why?
  - b. Why?
  - c. Why?
  - d. Why?
  - e. Why?
7. Go back to each of the points, including the 5 Whys, and dispute any false beliefs you may have had. Write the disputes or countermeasures beside each.