

CROSS-ADDICTION WORKSHEET

While in treatment, you have probably heard the term “cross-addiction.” This is a concept that is talked about in groups, and it is very important for you to understand what this concept is and how it can affect you in your recovery. Please answer the following questions about cross-addiction:

- 1) In your own words, what does cross-addiction mean?

- 2) With what substances (or other issues) do you feel that you have experienced cross-addiction?

- 3) How can cross-addiction affect you if you quit your substance of choice (abstain) but do not work a program of recovery?