



TAME the BEAST™ of Addiction worksheet

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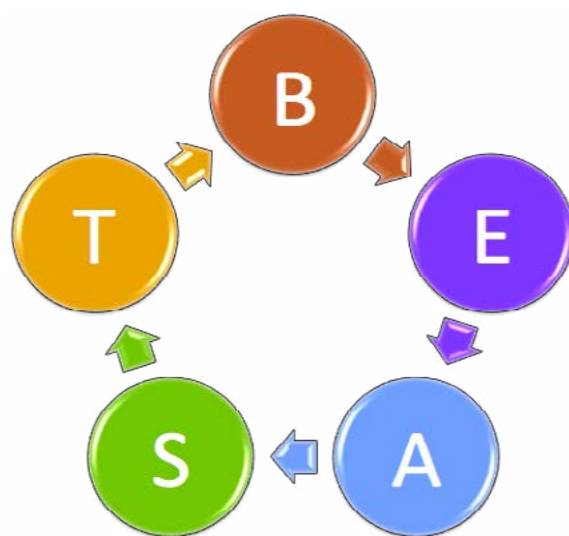
Disclaimers: This worksheet is a guide to better understand your cycle of addiction.
This is not a replacement for treatment nor is it medical advice or a replacement for it.

TAME = How to stop yourself in the middle of a cycle

- T** = Take a breath
- A** = Accept you're in the cycle
- M** = Make a decision to exit they cycle
- E** = Exit the cycle

BEAST = The 5-phase cycle of addiction

- B** = Believe a stressful thought
- E** = Emotional/Physical stress response
- A** = Anesthetize (numb) yourself
- S** = SMOLDER™ in the consequences
- T** = Terrible thoughts about the consequences



Using this worksheet:

Identify the addictive behavior(s) you want to stop (e.g. food, sugar, chocolate, tech, TV, video games, smoking, gambling, stimulants, depressants, etc):

How long have you been doing this addictive behavior for?

When did you first realize it was time to make a change?

If you were free from this addictive behavior, how would your life be different?

What would you be able to do if you were free of it?

How would you feel if you were free of it?

The following worksheets will walk you through each of the 5-phases of the TAME the BEAST™ cycle.



B = Believe a stressful thought.

Believing a stressful thought starts the entire cycle.

When, where, and under what circumstances did you first start the behavior?

Identify up to three stressful beliefs you had during that time.

Examples include: "I'm not lovable", "There is not enough money", "There is not enough time", "I'm bored", "I don't matter", "I'm overwhelmed", "_____ Should/Shouldn't _____", etc:

- 1.
- 2.
- 3.

Solution: Resolve stressful beliefs.

The root of all addiction is believing stressful thoughts. If you know how to resolve your stressful beliefs, then the addiction cycle never starts. You must learn and regularly practice proven methodology to question and resolve your underlying stressful beliefs, ideally under the care and supervision of a coach or other professional.

Questions to ask yourself:

Do you have a regular, reliable method to resolve your stressful thoughts so the cycle doesn't start? If so, list them here:

Do you regularly use those methods to resolve your stressful thoughts?

Do you have a coach to help you address the underlying thoughts that trigger the addiction cycle? If so who is that person?

When was the last time you set up regular and consistent sessions with your coach?



E = Emotional/Physical stress response to the stressful thought.

When you believe a stressful thought, the emotions and body react, changing the body's biochemistry, leading to uncomfortable feelings like anxiety, nervousness, depression, anger, resentment, fear, jealousy, self-pity, self-loathing, and even body sensations like tension, butterflies, and pain.

Pick one stressful thought from the Beliefs above to focus on and write it below:

When you believe that thought, what happens to you?

Physically (e.g. where do you feel it in your body? what happens to your breathing?):

Memory (what mental pictures do you see in the past, in the future?):

Emotionally (what emotions come up? sadness? fear? anger? resentment?):

Cravings/addictions (do you notice you start to crave your vice of choice?):

Solution: Resilience

If you have high resilience, then you are less likely to feel an emotional/physical stress response from believing a stressful thought, therefore less likely to reach for your vice of choice.

So how do you increase your resilience? By attending to your brain health, body health, biochemistry, hormone systems, nutrition, and sleep.

Questions to ask yourself:

- How do you increase your resilience to your emotional/physical stress?
- Do you have a clear plan to improve your body's resilience to stress?
- Do you have a clear dietary plan to keep your moods, blood sugar, and energy stable?
- Do you have a clear sleep plan to keep your mood and energy resilient?
- Do you have a clear exercise plan?
- Do you have a clear plan for your morning and evening routines?
- Do you have support and coaching to keep you accountable to your plans?



A = Anesthetize (numb) yourself to the stressful emotions and physical sensations by reaching for your vice of choice.

Identify the specific circumstances that trigger you to use your vice. To put another way, which locations, time(s) of day, people, or visual cues trigger you to go on autopilot to reach for your vice of choice? Below are example lists for you to choose from, and feel free to write in other triggers as well. Many examples of location, time of day, people, and circumstances for one vice (e.g. food), may be the same for another vice, so are only listed once under food.

- **Food:** e.g. sugar, chocolate, crunchy things (e.g. pretzels), soda, salty things (e.g. pretzels), bread/pasta, ice cream:
 - **Location:** Kitchen, office, car, snack aisle, dinner table, purse, friend's house, running errands, others:
 - **Time of day:** First thing in the morning, mid-morning, lunch, mid-afternoon, dinner, after dinner, evening, middle of the night.
 - **People:** When alone, when around others: colleagues, kids, spouse, boy/girlfriend, specific friends, others:
 - **Circumstances:** Around deadlines, after a deadline, time of the month, weekends, traveling, others:
- **Technology:** e.g. video games/social media/TV/porn/movies/surfing the net/checking messages/checking news
 - **Access point:** smart phone, laptop, tablet, desktop, console, TV, library computer, school, work.
- **Behavior:** e.g. gambling, pornography, sex, workaholism, thrill seeking, kleptomania (stealing), others:
- **Recreational substances:** e.g. alcohol, cigarettes, chewing tobacco, marijuana, heroine, cocaine, others:
- **Pharmaceutical substances:** opioids or other painkillers (e.g. oxycontin), depressants (e.g. valium), stimulants (e.g. amphetamines like adderoll), anti-depressants (e.g. prozac, paxil), other:
- **Stimulants:** e.g. coffee, energy drinks, caffeine pills, chocolate, strong tea, soft drinks, others:

Solution: Restrict, Remove, Replace the Vice

Restrict: You will be less likely to use your vice, if you restrict exposure to the people and access to places where you are likely to reach for your vice.

Remove: If you can realistically remove the vice from your reach, e.g. remove sugar from your house, it will be easier to avoid.

Replace: If needed, temporarily replace the vice with something less damaging so you can buy some time to resolve your stressful beliefs and increase your resilience.

Identify the people, places, times of day, & circumstances you have access to and reach for your vice. Be as specific as possible.

Names of people I'm around right before or during 'use' (or write "alone" if no-one associated):

Specific places you access your vice, e.g. "when alone in my room", "at work".

Specific time(s) of day and specific day(s) of week:

List circumstances that precede behavior to identify environmental triggers.

- 1.
- 2.
- 3.



If applicable, specific websites (e.g. game sites, food sites, news sites, sports sites):

Name the visual and auditory cues that trigger the reflex to 'use':

Questions to ask yourself:

- What is the one place that you use your vice the most?
- Who is the one person you're around that you use your vice the most?
- What time of day is the time you're the most likely to use?
- Do you have strategies on how to best restrict, remove, and replace your vice so you can buy time to deal with the root of your addiction?

- Do you have a coach to help you get clarity on those strategies?



S = SMOLDER™ in the consequences from your addiction.

SMOLDER™ refers to the 7 areas (Society, Money, Occupation, Legal, Domestic, Energy/Health, Relationships) that an addictive behavior creates consequences.

Solution: Reverse the damage

Fill in the following chart. Write in the second column the current negative consequences, then write in the third column a specific change (no matter how small) you can make to reverse the damage.

SMOLDER™	Current Negative Consequences from your vice of choice.	One specific small change to reverse the damage. Small wins will stack up.
Society: How society accepts you or how well you integrate with society.		
Money: How you spend, save, earn, or invest money.		
Occupation (or academics if you're in school): Your performance at work or school.		
Legal: Your past, present, and future legal situation(s).		
Domestic: The state of your living space and how your vice affects those you live with.		
Energy/Health: Your level of consistent, stable energy you have to do the things you want and your state of health.		
Relationships: How you relate to others (friends, family, spouse, romantic interest, co-workers, strangers, superiors/subordinates, etc.)		

If you can make simple steps to reverse the damage, you will make amends to yourself and others, rebuilding your self-esteem and your life.

Questions to ask yourself:

- What is the simplest step you can take to reverse one part of you life that has been damaged?
- Who can give you moral support in making amends?



T = Terrible thoughts after the SMOLDER™

Terrible thoughts refers to the mental anguish that follows the consequences from using your vice. These thoughts can sound like: “I’m a failure”, “I’m weak”, “I just hurt my family/finances/career/reputation/health”, etc. This is called ‘bottom’ or a ‘micro-bottom’, that place of self-loathing and recognition of the damage that has been wrought by the addiction. You have a choice: 1) Relapse by Believing that stressful thought and re-enter the cycle, or 2) Reach out for help to stop the cycle.

Solution: Reach out for help

Questions to ask yourself:

- What does my bottom or ‘micro’-bottom look like?
- How do I know I’ve hit a bottom or a ‘micro’-bottom?
- Who can I reach out to for help?

TAME the BEAST™	Intervention	Specific small action
Believe a stressful thought	Resolve root (belief)	ID the thought that started most recent cycle:
Emotional/Physical response	Resilience	ID 1 response:
Anesthetize oneself	Restrict access	ID 1 way to limit access:
SMOLDER™	Reverse damage	ID 1 way to reverse damage:
Terrible thoughts afterwards	Reach out for help	Do you want help? Who can you ask for support/help:

Want help? Learn how to “Tame the Beast™” in 5-weeks.

Benefits of this course

1. **Simple:** A clear framework (BEAST) that makes sense.
2. **Smart:** An easy-to-understand 5-phase cycle, not 12 steps.
3. **Secular:** These 5-phases apply to all walks of life.
4. **Successful:** Each phase has a clear blueprint for success.
5. **Straight-forward:** 5-week program - learn 1 phase per week.
6. **Self-empowering:** You are not ‘helpless’ or ‘weak’.
7. **Secure:** Password protected access.
8. **Secret:** Access from the privacy of your own computer.
9. **Self-paced:** Take as much time as you need. Lifetime access.

Go to www.FlourishOutOfAddiction.com to learn more.

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