

# Consequences Inventory

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For many of us, addiction and compulsive behaviors build slowly over time, making it difficult to actually see how life has changed. Consequences that even a casual outside observer could readily identify as severe have gradually become the norm. Thus, the insanity of addiction looks perfectly ordinary to the addict. The same can be said of the behavior of an individual who attempts to control/hide/withdraw from the addiction of a spouse, child, parent, or other family member.

The easiest way to break through denial and fear is to create a list of consequences related to your behavior. In creating your Consequences Inventory, you should list as many items as possible, breaking them down into emotional, physical, spiritual, family and partnership, career and educational, and other consequences.

## Emotional Consequences

These may include hopelessness, despair, guilt, shame, remorse, depression, paranoia, anxiety, loss of self-esteem, loneliness, emotional exhaustion, fear of going insane, feelings of internal conflict (living a double life), suicidal thoughts, homicidal thoughts, fear of the future, and more. List your emotional consequences below:

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# Physical Consequences

These may include high blood pressure, weight loss, weight gain, trouble sleeping or waking up, physical exhaustion, sexually transmitted diseases, attempted suicide, and more. List your physical consequences below:

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# Spiritual Consequences

These may include feelings of disconnection, abandonment, anger toward God, or emptiness; loss of faith, of values and morals, or of interest in the well-being of others; missing Mass; and more. List your spiritual consequences below:

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## Family and Partnership Consequences

These may include damaged romantic relationships, loss of respect, alienation from family members, being disowned, threatened or actual loss of spouse or partner, threatened or actual loss of parental rights, jeopardizing of your family's well-being, and more. List your family and partnership consequences below:

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## Career and Educational Consequences

These may include diminished performance, demotion, underemployment, loss of respect from coworkers, acting out at work, poor grades or job reviews, not getting promoted, getting fired or dismissed from school, losing a chance to work in one's career of choice, and more. List your career and educational consequences below:

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# Other Consequences

These may include loss of interest in formerly enjoyable activities, lack of self-care, loss of important friendships, loss of community standing, financial problems, involvement in illegal activities, near arrests, arrests, legal issues, incarceration, and more. List your other consequences below:

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