

Double Bind Worksheet

Instructions: Write out problems that have to do with fear, anxiety, confusion, procrastination, denial or avoidance and examine the consequences and risk of both choices. Example: If I trust people ... If I give up drugs and alcohol... If I confront this problem/person. Then apply the formula: If I do what's right God will bless it and the right thing to do is usually the hard thing to do. Next, make a concrete Plan with accountability/support for carrying it out.

Choices		Apply Formula		Plan
Problem/Situation	If I Do (change) (Move toward the problem)	If I Don't (change) (avoiding the problem)	The Right Thing Is The Hard Thing	What, When, Who, Where, How
Example: Alcohol and Drugs	<ul style="list-style-type: none"> • I won't be able to cope • I will lose all my friends • I won't have any fun • I will be too shy in social situations • I will have to go through withdrawal • I will have to ask for help 	Lose my health, my job, my family. Isolation from people and God. Continue lying and hiding my secrets.	The hardest thing is to give them up and ask for help	Tell my pastor about my problem and go to the 12 step meeting Tuesday night and ask for help.

Taken from *The Genesis Process: A Relapse Prevention Workbook for Addictive/Compulsive Behaviors 3rd Edition* written by Michael Dye, CADC, NCAC and Patricia Francher, CACIII, MFCC, Ph.D. www.genesisprocess.org