

The “Greatest Hits” List of Addiction-Specific Beliefs

Developed by Jamie Marich, Ph.D. (May be duplicated for use in clinical settings)

Potential Floatbacks*

(first, worst, most recent connected memories)

- I cannot cope without alcohol.
- I cannot cope without drugs.
- I cannot cope without cigarettes.
- I cannot cope without sex.
- I cannot cope without acting out violently.
- I cannot cope without victimizing others.
- I cannot cope with emotions without eating.
- I cannot cope without gambling.
- I cannot cope without hurting myself.
- My addiction is my security.
- My addiction is my identity.
- I have no identity if I can't act out.
- I am nothing without my addiction.
- I am not capable of dealing with my feelings.
- I am not capable of dealing with my life.
- I cannot accept/deal with reality.
- I am not capable of dealing with my past.
- I must drink alcohol to be in control.
- I must use drugs to be in control.
- I must smoke cigarettes to be in control.
- I must gamble to be in control.
- I must be in a relationship to be in control.
- I must have sex to be in control.
- I must eat to be in control.
- I must injure myself to be in control.
- I must act out violently to be in control.
- I must victimize others to be in control.
- I am incapable of being social without drugs.
- I am incapable of being social without cigarettes.
- I can't be social without alcohol.