

Bridget's Triple Paradox*

Advantages of my habit / addiction	Disadvantages of change	Core Values--What my habit / addiction shows about me that's positive and awesome
<ul style="list-style-type: none"> • Can be fun & exciting • Feel more in control/having the upper hand • Feel like a private detective, something I always wanted to do • I know lots of info most people don't • Can be fun to share my findings with others at times • Can help me see who people really are/uncover lies • Can prevent me from working at or going to certain places if I discover someone I don't want to see works/goes there • Gives me something to do when bored • Motivates me to do better in my own life • Feels good when I can see the lives of people I dislike aren't great - justice 	<ul style="list-style-type: none"> • Not finding out what's going on • Feeling bored/having too much down time • Might go to a place or apply for a job where a person I dislike works/goes to that could've been prevented • Missing out on good ideas/motivation • Nothing to compare myself or my life to anymore 	<ul style="list-style-type: none"> • I value justice & think there should be consequences to people's actions • I'm a truth-seeker. I value honesty & will do what it takes to uncover the truth. • I'm clever & smart. Not just anyone could do what I do. • I like adventure & the thrill of the chase. • I'm persistent & dedicated. I don't give up easily.

Bridget's Habit / Addiction Log*

Think of a habit you're trying to change, such as overeating, drinking too much, procrastination, using drugs, or smoking. Vividly imagine you're feeling tempted to give in. For example, picture that delicious donut. Record the tempting thoughts you'd typically have in that situation.

Tempting Situation Tempting situation: Sitting around bored at night thinking about looking up my husband's ex-girlfriend

Tempting Thoughts	Distortions	Self-Control Thoughts
1. Today will be the last day. Just one last look at her accounts, then tomorrow I'll quit for good.	ER, MF, DN	1. I've said that before so many times & haven't done it so I know this isn't true.
2. If I don't check her accounts today, then I'll have so much more to scroll through tomorrow.	FT, DN	2. Yes, but the whole idea is to give it up permanently so I'm not going to worry about that.
3. Maybe there will be something posted showing her life isn't so great, & I'll feel better.	MF, FT, MAG, SH	3. There could be some information showing she's unhappy, but that doesn't mean it's permanent, & the information could show that she is happy, & then I'd feel worse.
4. Maybe there's new information posted about her relationship with my husband, & I'll be glad I didn't miss it.	MF, FT, MAG, SH	4. As tempting as that sounds, none of the information I find has anything to do with my relationship with my husband.

Checklist of Positive and Negative Distortions*

<p>1. All-or-nothing thinking. You think of <i>everything</i> that you've been putting off and tell yourself how <i>overwhelming</i> all those tasks will be.</p>	<p>6. Magnification or Minimization. You blow things out of proportion: "This ice cream will taste <i>so good!</i>" Or, you tell yourself you're hopeless because you slipped up and relapsed in your to change a habit or addiction.</p>
<p>2. Overgeneralization. When you slip up, you tell yourself that you've blown your diet <i>completely</i> and that you'll <i>never</i> lose weight so you might as well give up. Or, when you win, you think of yourself as "a winner."</p>	<p>7. Emotional Reasoning. You tell yourself, "I'll clean my desk (or start my diet) when I'm more in the mood. I just don't <i>feel</i> like it right now." Or you tell yourself that losing weight is a hopeless cause because you <i>feel</i> hopeless and defeated.</p>
<p>3. Mental Filter. You dwell on the positives, like how good dessert will taste, and ignore the negative consequences, like feeling guilty or bloated afterwards.</p>	<p>8. Should Statements. You tell yourself, "I've had a hard day. I <i>deserve</i> a drink (or a nice dish of ice cream)." After you give in, you tell yourself, "I really <i>shouldn't</i> have slipped up." This makes you so guilty and anxious that you eat or drink even more!</p>
<p>4. Discounting the Positive / Negative. You tell yourself that any little thing you do today would only be a drop in the bucket, or you ignore negative data.</p>	<p>9. Labeling. When you slip up, you tell yourself, "I'm such a fat pig." Then you get so upset that you decide to eat three more donuts.</p>
<p>5. Jumping to Conclusions. You jump to conclusions not warranted by the facts.</p> <ul style="list-style-type: none"> • Mind-Reading: You may assume that other people don't have to struggle with temptations, or that people who do abstain have drab, unfulfilling lives. Or, you tell yourself, without evidence, that other people like you, or don't like you. • Fortune-Telling: You tell yourself that if you take that drink, you'll feel <i>great</i> and all your problems will disappear. Or, you may tell yourself, "I'll just have one drink" or "one bite," but you've <i>never</i> stopped at just one drink or bite in the past. 	<p>10. Self-Blame and Other-Blame. You find fault with yourself, other people, or the world.</p> <ul style="list-style-type: none"> • Self-blame: You blame yourself for giving in to temptation. This makes you feel angry, frustrated, and guilty. • Other-blame: You may tell yourself that it's <i>unfair</i> that you have to struggle with your weight. while others can eat whatever they want and still be thin. You may blame others for relationship problems and view yourself as an innocent victim.