



Exhausted Resource Worksheet

Introduction

This worksheet is designed to help you uncover the deeper emotional and neurological patterns behind your addictive behavior — not as a flaw, but as a resource that once served you and is now ready to be transformed.

The Neuro-Association Formula

Every addictive pattern begins as a 'resource' — a way to meet emotional or physiological needs. Over time, that resource becomes exhausted. It brings more pain than pleasure... yet the nervous system still clings to the outdated wiring.

Use the scale below to explore your current association with your primary addiction or coping behavior:

1. 1. On a scale of 1–10, how much PLEASURE do you associate with this behavior?
2. 2. On a scale of 1–10, how much PAIN or negative consequences do you associate with it?
3. 3. Do you feel conflicted — like part of you wants it and part of you doesn't? (Yes/No)
4. 4. What BENEFITS (real or perceived) does this behavior give you?
5. 5. What COSTS — emotional, physical, relational, or spiritual — does it create?

Reflection

Based on your answers above, do you consider this behavior to be a Resource, a Trap, or both? Explain:

Rewiring the Link

Use the prompts below to begin shifting your association.

6. 1. What would make the PAIN of this behavior more real, memorable, or emotionally felt?

7. 2. What new behavior could meet the SAME emotional need with less cost?

8. 3. What identity would you need to embody to make the shift lasting?
