

Addiction Impact Assessment

Accountability through honest reflection



Name: _____ Date: _____

This assessment helps you reflect on the various ways addiction has impacted your life. Being honest in your responses fosters accountability, which is crucial for recovery. Consider working on this with a counsellor or trusted person. It's okay to take breaks if you feel overwhelmed.

1. Physical Health Impact

Reflect on how your addiction has affected your physical health — changes in well-being, medical issues, and lifestyle choices that contributed.

2. Mental Health Impact

Assess how your addiction has influenced your mental health — anxiety, depression, stress, or other psychological symptoms.

3. Relationships Affected

Think about the impact on your relationships with family, friends, and colleagues. Identify specific relationships that have been strained or damaged.

4. Career / Education Impact

Consider how your addiction may have disrupted your career or education — missed opportunities, performance issues, or changes in aspirations.

5. Financial Consequences

Evaluate the financial effects of your addiction — costs related to substance use, loss of income, or debt.

6. Legal Issues

Identify any legal consequences you've faced as a result of your addiction — arrests, fines, or court cases.

7. Spiritual / Moral Impact

Explore how your addiction has affected your sense of spirituality or personal values — guilt, shame, or disconnection from your beliefs.

8. Dreams / Goals Put on Hold

Write about any aspirations that have taken a backseat due to your addiction — personal goals, career ambitions, or life milestones.

9. Motivation for Recovery

Articulate your reasons for wanting to recover. What does a life free from addiction look like for you?

 "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." — 1 John 1:9