

Avoiding Addiction

Self Management, Module 2



AGENDA



1. Brainstorm your opinion on the following questions: How do you define addiction? What are some examples of addictions?



2. Individually, create a list of positive addictions using William Glasser's criteria of healthy addictions.



3. Reflect in a group using the jam board to categorize your lists into negative and positive addictions.



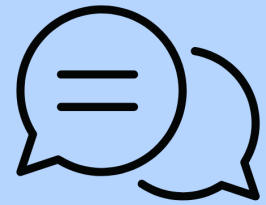
BRAINSTORM



Brainstorm your opinion on the following questions:

- How do you define addiction?
- What are some examples of addictions?



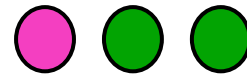
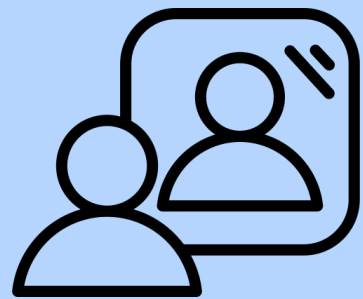
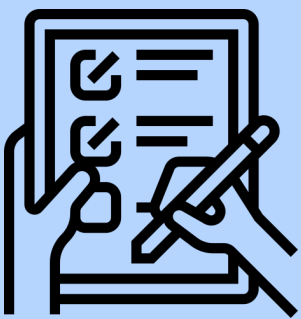
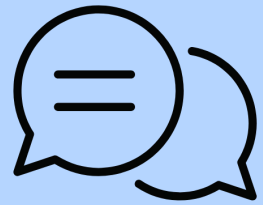


DISCUSS



What are some ways we have discussed to manage our stress, take care of ourselves and be the person we want to be?



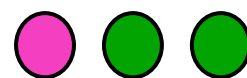
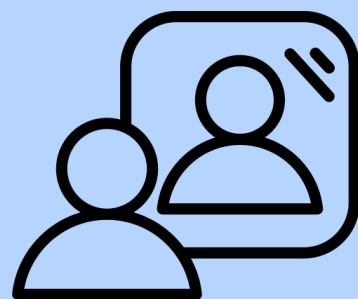


DIVE IN



Positive addictions help develop our confidence, be creative and be happier. These positive addictions should enhance our lives.

- Some people love to be physically active and make it a positive habit in their lives.
- Other people find a lot of enjoyment from calming activities like meditation and yoga.



DIVE IN



Positive Addictions: The 6 Criteria

– Is the activity non-competitive?

The activity should help you relax, meditate or de-stress for approximately an hour a day.

– Does it come easily to you?

For example, does running come naturally for you? Are you able to sit quietly and meditate alone?

– Are you able to do the activity alone?

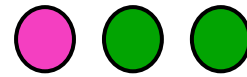
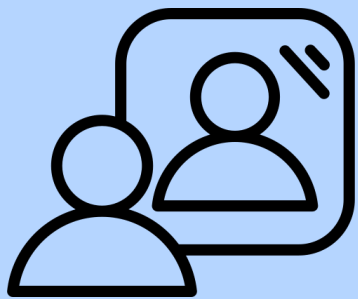
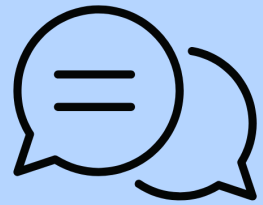
You can include others, but it should be an activity where you focus on yourself.

– Do you believe you CAN reach your personal best?

Focus on your best rather than comparing yourself to others.

– Are you able to compliment yourself while doing the activity?

Remember it should bring you joy or satisfaction.

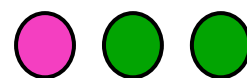
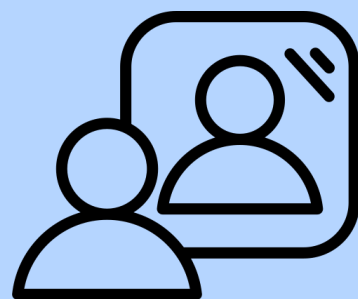


DIVE IN



Negative Addictions:

There are many negative addictions which actually harm you or decrease your quality of life including alcohol, marijuana and other non-prescription drugs. They may seem to bring you a sense of temporary relief, but often the addiction becomes a negative factor in your life.



ACTIVITY



Individually, create a list of positive addictions using William Glasser's criteria of healthy addictions.

What are some positive habits or activities you spend your time doing?

Is this a reasonable amount of time?

Are you able to balance the time and energy with your other responsibilities?

a. In other words, is it a healthy habit or addiction?

What is the difference between a healthy addiction and a negative addiction?

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Worksheet

Name: _____ Date: _____

Avoiding Addiction

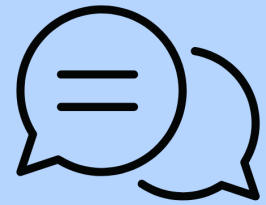
Activities I enjoy:
Example: Running, walking, hiking, skateboarding, playing an instrument, crafting, knitting, sewing, drawing, painting etc.

Select one activity from the list above.

I enjoy the activity because:

Can you answer "yes" to the William Glasser's six questions:

1. Is the activity non-competitive? The activity should help you relax, meditate or de-stress for approximately an hour a day.
2. Does it come easily to you? For example, does running come naturally for you? Are you able to sit quietly and meditate alone?
3. Are you able to do the activity alone? You can include others, but it should be an activity where you focus on yourself.
4. Does the activity bring some value to you?
5. Do you believe you CAN reach your personal best? Focus on your best rather than comparing yourself to others.
6. Are you able to compliment yourself while doing the activity. Remember it should bring you joy or satisfaction.



REFLECT



Reflect in a group: categorize your lists into negative and positive addictions.



Extend & Enrich

Students are overwhelmed with temptations to develop negative addictions. Challenge your students to practice their healthy habits regularly during the week. Encourage students to start simple, for example if they choose running, start by running ten minutes per day and let it build as they find joy in the activity. Follow up with students to see how they are building healthy addictions.



Home Connection



Home Connection

Avoiding Addiction

Dear _____,

Today in class, we learned **addictions** can be either positive or negative. To be positive, it should bring value and improve your quality of life. Many negative addictions actually harm you or decrease your quality of life, including alcohol, marijuana, and other non-prescription drugs. They may seem to bring you a sense of temporary relief, but often, the addiction becomes a negative factor in your life. We then brainstormed a list of healthy addictions.

Please encourage your student to share what healthy addictions they learned.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take a few minutes to reflect on your own methods to manage stress. Do you engage in any healthy addictions? How often do you engage in this activity? If not, what might you be interested in trying out this week that might become a healthy addiction? Review Glasser's criteria and set an intention to give it a try!





Further Study

- Positive Addiction by William Glasser.
- [18 Ways to Stop Teen Addiction](#)
- [Marijuana: What you Need to Know to Protect Children](#)





Lesson Complete!

