



High School

Name: _____

Date: _____

Avoiding Addiction

List activities you 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.*



This is a healthy addiction for me because: