

## SEEMINGLY IRRELEVANT DECISIONS



Have you ever done any of the following which led you into a risky situation that resulted in a lapse or relapse?

This is a very common type of self-deception for all kinds of addictive behaviours, including drinking, overeating, taking drugs, gambling, smoking – you can learn to recognise your SIDs by exploring your previous patterns.

<input type="checkbox"/>	Chose a “scenic route” to drive home from work...	...which just happened to be by the door of your acquaintance who is a drug dealer [or by a fast food joint, a wine bar, a casino].
<input type="checkbox"/>	Went to the supermarket because “The cat wants a different type of biscuits” or “I need a Get Well Card for auntie Jean” or “I have to use this 25p off washing powder voucher”...	...and ended up buying a kilo of chocolate [or booze, or a £100 worth of scratchcards].
<input type="checkbox"/>	Stopped at a petrol station to “top up with fuel”...	...and emptied their crisp/chocolate counter.
<input type="checkbox"/>	Dropped in on an old friend as you felt guilty about neglecting them...	...who just happened to make the best cakes in the village [is generous with drinks, grows cannabis in his attic, spends all the time gambling on the internet].
<input type="checkbox"/>	Got yourself over-tired by working really long hours...	...and then said (or thought) “ <i>I worked so hard, I deserve a little treat</i> ” - with the treat turning into a full-blown binge.
<input type="checkbox"/>	Got into a row with your partner (friend, colleague)...	...and later said (or thought) “ <i>Look what you made me do</i> ”, whilst gorging yourself on junk food [rolling up your 6 <sup>th</sup> joint, opening your 10 <sup>th</sup> can of beer].
<input type="checkbox"/>	Went to a housewarming party because you didn’t want to offend Great Grandma Lucy’s best friend’s nephew...	...who just happened to be a big drinker [drug dealer, casino owner, chocolatier].
<input type="checkbox"/>	Decided to stock your cupboards just in case friends/ neighbours/ cousins/ Uncle Peter’s green parrot drop in to visit...	... and by complete coincidence including all your high risk foods [drink] on your shopping list.