

Step 2G The acting out cycle

Acting out often occurs within a cycle. This is especially true for those who have the “binge and purge” cycle.

For each of these give an example of when you were in this part of your cycle. For most of us, the “crazy thinking is thinking we can handle this on our own or we have to follow someone else’s pattern of life. A trigger moves us from Crazy Thinking to Fantasy.

Crazy thinking (H.A.L.T.)

Denial & secrecy

Fantasy

Remorse

Obsession/Cruising

Acting Out

Likewise, for each of them, what different action can you take afterwards that would break the cycle? Some ideas are to call a program buddy or a sponsor, talk about it at a meeting, or read recovery literature.

Crazy thinking

Denial

Fantasy

Remorse

Obsession/Cruising

Acting Out