



# Counting the Costs of Sugar Addiction

## With the Pricing-up Addiction CBT Worksheet

The following Cognitive Behavioural Therapy Worksheet will enable you to reveal to yourself exactly how consuming too much sugar is affecting your life. Simply fill in each box answering the question. This is a simple but powerful exercise that you can use alongside your "Free from Sugar" Hypnosis Session.

**Sugar Addiction: What is The Cost To Your Physical Health?**

**Sugar Addiction: What is The Cost To Your Emotional Health?**

**Sugar Addiction: What is The Cost To Your Relationships?**

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## Page Two

**Sugar Addiction: What is The Work / Career / Study Cost To You?**

**Sugar Addiction: What Is The Cost To Your Self Esteem?**

**Sugar Addiction: What is The Personal Cost To You? What Has It Taken From You?**

**Sugar Addiction: What is The Financial Cost To You?**

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## Page Three

**Benefits of Sugar & My Sugar Addiction Include.....**

**Healthy Alternatives To Reaching for Sugar Include....**