

My Personal Journal



chemical dependency

Chemical dependency defined.

A person becomes chemically dependent when he or she develops a craving for a substance in order to feel good or "high" or to keep from feeling discomfort, including the discomfort of not using the substance. The need for the substance is always psychological but may be physical as well.

Chemically dependent people can describe their addiction in various ways:

"My mind would constantly stay on getting high. It was what got me through the day."

"When I'd take that first beer, I'd have no intention of getting drunk. Sometimes I didn't but sometimes I just lost track."

"I began to hate my parents, hate my brother, hate anything that kept me from a good time, from my beer and pot."

"Nothing can describe a good cocaine high. Nothing. What else really counts when I can experience that kind of feeling?"

"Alcohol was my buddy for twenty years. I never missed a day of work, I never abused my wife or kids and I never got in trouble with the law. Then one day I realized I was no longer in control. The beer and scotch had taken over."

"I was always prepared to lie to my family in order to get what I needed...something to get me high."

"I don't smoke pot and drink to get high anymore. I do it just to get by."

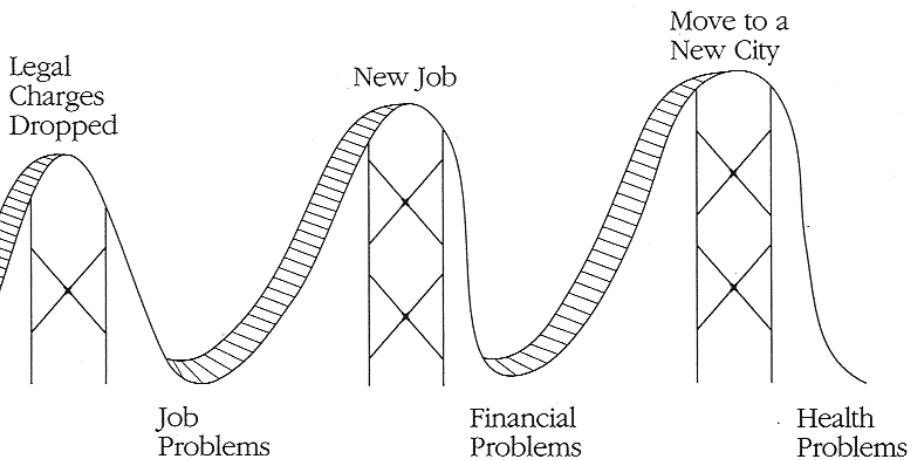


Describe the relationship you have with alcohol or other drugs. What role has it played in your life?

CHEMICAL DEPENDENCY

The addiction roller coaster.

Have you been on the addiction roller coaster? Have you faced problems caused by your use of alcohol or drugs but have been unable to change your behavior? Do you feel as if you move from one crises to the next? Chemically addicted people do not connect their use of alcohol or other drugs with the problems which result from that use. They deny that their financial problems or family problems or health problems or legal problems are a consequence of drinking or using chemicals.



Describe your roller coaster ride.



Did you ever try to get off? If so, describe what happened.

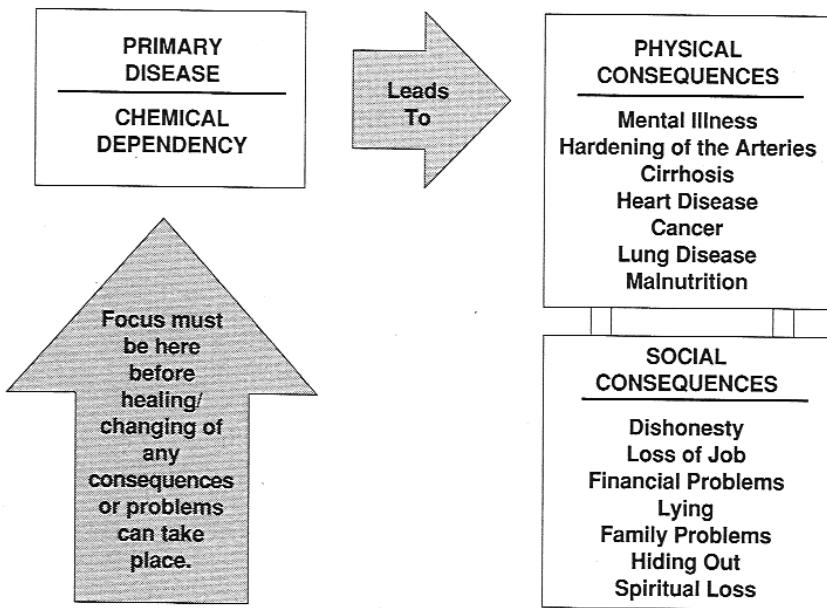
CHEMICAL DEPENDENCY

Chemical dependency is primary.

Chemical dependency is the original disease. It is not the result of another disease or other factors.

The disease of chemical dependency comes first; other physical and social consequences are caused by the dependency.

No effective healing can take place until the dependent stops drinking/using.



When you have tried to heal/change physical or social consequences of chemical dependency, describe the result.

Chemical dependency is... chronic.

A chronic disease progresses slowly, is constant and lasts for a long period of time. Other chronic diseases include diabetes, heart disease, emphysema and arthritis.

Because of the disease's slow and subtle nature, the dependent and people close to him/her may not be aware of the changes caused by the disease.

progressive.

The disease of chemical dependency is relentless and persistent. Gone unchecked, the chemically dependent person moves from an early stage where the substance appears helpful and seductive to an uncontrollable craving. In the late stages of the disease,

the dependent's body starts to give up. Many physical problems arise. The dependent's mental, emotional and spiritual strength is zapped. Because the disease is progressive, the dependent's condition becomes increasingly more severe over time.

eventually fatal.

If the chemically dependent person continues to abuse his or her substance, the addiction will eventually lead to death.

- Death due to liver, heart, kidney, pancreas and lung failure.

- Death due to overdose.
- Death due to suicide.
- Death due to auto, water or fire accidents.



Do you honestly believe chemical dependency can be fatal? _____

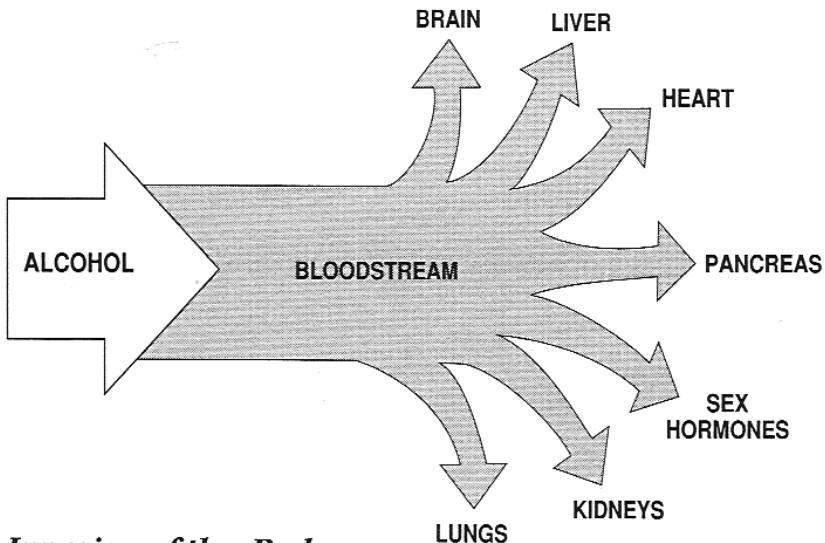
Alcohol...a drug I have abused yes no

How it Works

When you consume alcohol, 20 percent of it immediately passes through your stomach walls into the bloodstream. The remaining 80 percent goes to the small intestine where it slowly finds its way into your blood.

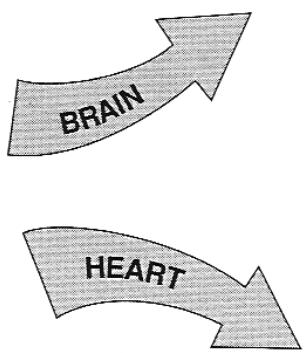
The body is designed to eliminate approximately one-half ounce of alcohol per hour (equivalent to one mixed drink, one beer, or one glass of wine).

If the average person drinks more rapidly, the alcohol content in the blood increases and the intoxicating effects of the drug are experienced.



Invasion of the Body

Once alcohol enters the bloodstream, it enters all of your body's organs within minutes. This is due to the small and simple molecular structure of alcohol, which allows it to pass easily through cell membranes.



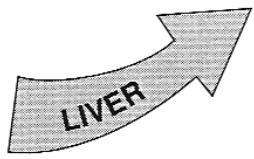
Brain

Alcohol is a central nervous system depressant. Based on how much you drink and how often, alcohol causes both temporary and permanent brain injury. Areas affected include memory, problem solving, judgment, behavior, insight, understanding of pain and pleasure, coordination, and regulation of all body systems.

Heart

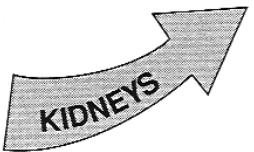
Alcohol causes disturbances in the heart rate and rhythm. If other types of heart disease are present such as hardening of the arteries, the risk of coronary heart disease is greatly increased. Also, in a small percentage of alcoholics, a permanent and progressive disease called cardiomyopathy occurs. Over time, this disease of the heart muscle leads to death from heart failure.

Alcohol.



Liver

Alcohol causes three types of liver injury when used over time. The liver injuries include fatty liver disease, alcoholic hepatitis, and cirrhosis. Fatty liver disease is 100 percent reversible with abstinence from alcohol and with appropriate diet and vitamins. Alcoholic hepatitis is a serious form of alcoholic liver disease in which part of the liver dies and is replaced with scar tissue. When alcoholic hepatitis goes on over a period of time, increasing death of liver tissue takes place. Cirrhosis occurs when liver tissue dies and is replaced with scar tissue. Progression of cirrhosis over time results in death from liver failure.



Kidneys

When a person is drinking their urinary function increases. With changes in drinking, the body tends to accumulate water. This is not due to disease of the kidneys, but is caused by a change in the hormone, aldosterone, that regulates water in the body.

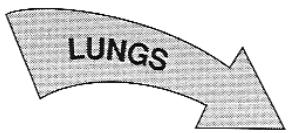


Sex Hormones

Alcohol interferes with the normal production and maintenance of female and male hormones. For women this can mean change in menstrual cycles such that irregular menstruation occurs. This can also result in a decreased ability to get pregnant, or when the person becomes pregnant, the loss of the pregnancy. Similarly, for the woman who becomes pregnant and continues to drink, the unborn fetus is at high risk for the development of many different types of birth defects.



For men who use alcohol, the resulting decrease in male hormone levels means a decreased sexual desire, decreased sexual performance, and the development of reactive or absolute impotence over a period of time. These changes in sex hormone levels for men and women are reversible with abstinence from alcohol and all other mood-altering drugs.



Pancreas

The pancreas is responsible for the production of insulin and the release of chemical enzymes responsible for digestion. Alcohol is the major cause of acute inflammation of the pancreas, called pancreatitis. This can become a form of chronic disease in the pancreas which results in increasing death of the pancreas and increasing dysfunction and poor health.

Lungs

Alcohol causes an increase in the fluid accumulation in the lungs and can lead to chronic lung infections.

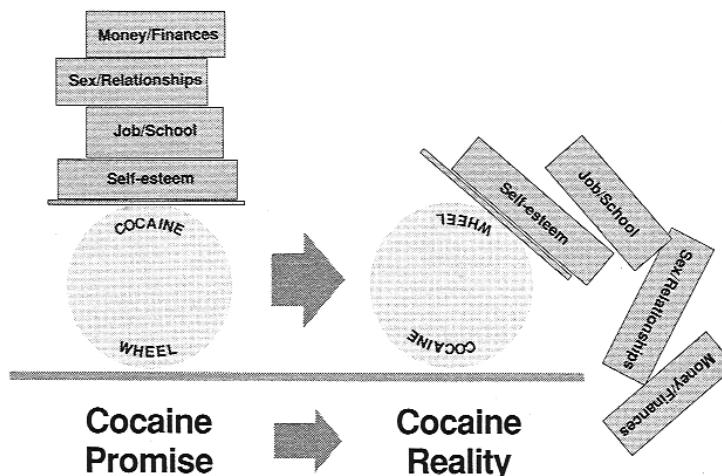
Crack/ cocaine...a drug I have abused yes no

What is Cocaine?

What is Crack?

Cocaine is a powerful central nervous system stimulant, creating a quick, intense euphoria, accompanied by a decrease in hunger, indifference to pain and fatigue, and illusions of great physical strength and mental capacity.

Crack is an extremely addicting form of cocaine that is smoked.



Cocaine and the Body

Cocaine and the Brain

Cocaine causes dramatic changes in the way brain cells operate. As a powerful stimulant, it causes the activity of the brain to speed up. The result can make the brain inoperative, unable to send its life supporting messages to the heart and lungs. A violent seizure and death will follow.

Cocaine and the Heart

Cocaine can also kill through heart attacks brought on by the extra strain forced on the heart. Cocaine constricts the blood vessels of the user placing a tremendous stress on the heart and circulatory system. Death

can also occur by severe irregular heartbeat, a stroke or a brain seizure.

Cocaine and Depression

Cocaine is a profound producer of mental depression. Cocaine causes other psychological problems including:

- anxiety attacks
- intense irritability
- acute paranoia
- hallucinations
- violent behavior
- suicide

Other Dangers

Other deaths are caused by suffocation brought on by an unnaturally deep sleep or unconsciousness resulting from a cocaine binge. The anesthetized tissues in the back of the throat may block breathing. Cocaine is often mixed with other drugs, particularly alcohol, which increases the user's risks dramatically.

Marijuana... a drug I have abused yes no

How it Works

The marijuana smoked in the United States consists of the flower and dried top leaves of the plant cannabis sativa.

Unlike alcohol, which is a relatively simple chemical, marijuana contains over 400 chemicals, 60 of which are unique to the marijuana plant.

Marijuana, when lit, causes an additional 1,600 chemicals to be formed. As the pot smoker inhales, these chemicals invade every cell of the user's body.

The ingredient which creates the "high" is Delta-9-THC, commonly referred to as THC.

Like alcohol, marijuana is a central nervous system depressant.

Amotivational Syndrome

Pot, like most other drugs, wears down the motivation of users. It erodes the will to perform. Ambition is lost. Success and achievement no longer matter to the chronic marijuana user.

"Who cares? I just want to be left alone. Hey, you do your thing and let me do mine."

"Why keep pace with those crazy people out there? All they're doing is sticking it to each other. Why can't they relax?"

THC and the Body

In addition to the unknown short- and long-term dangers of so many chemicals entering the user's body, THC has a particular characteristic that increases its harmfulness.

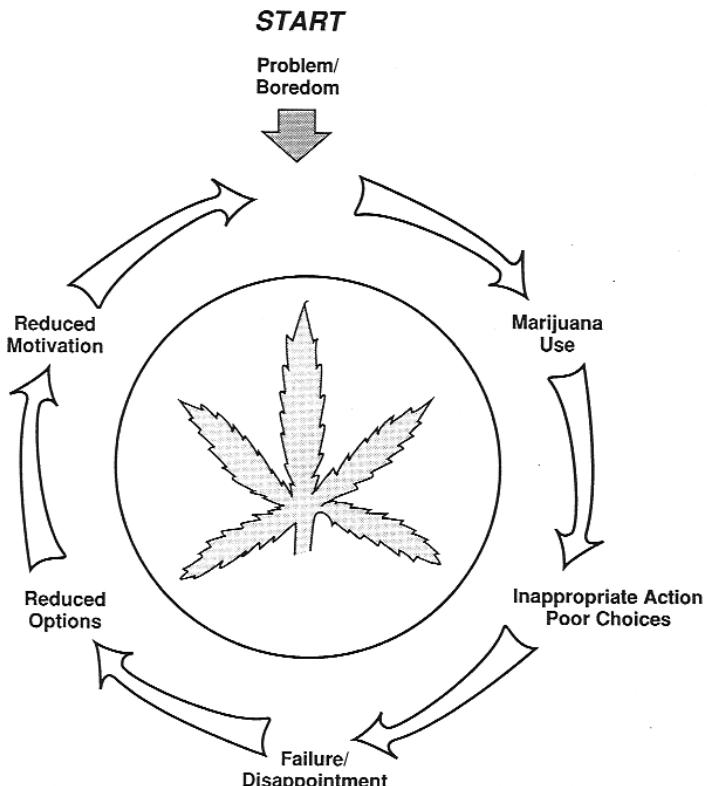
- THC is soluble in fat.
- THC is not soluble in water.

Since our body gets rid of its waste through a water system

using urine, feces, sweat and blood, THC cannot escape. It stays trapped in the body.

In addition, THC finds its resting place in fatty parts of the body. The most sensitive and critical are:

- the brain
- the lungs
- the liver
- the reproductive system



The Pot Circle

Prescription drugs...drugs I have abused yes no

Prescription drugs cause a special danger to chemically dependent people. Often the abused drugs are taken initially for legitimate medical reasons; for example, to assist in reducing pain from chronic illness such as arthritis or headaches.

Dependence on prescription drugs can occur over a few

weeks or several years. Denial, because of the nature of the initial use, can be very high.

When the patient attempts to stop using the prescription drug, the initial problem appears to re-emerge and new problems are often added. The addictive cycle has begun.

Chemically dependent people in recovery must take responsibility for monitoring the prescription drugs they use. Any mood-altering drug can lead to relapse and a return to chemical abuse. Your chemical dependency must be stated to your physician and pharmacist. Even then, a careful self-monitoring of prescribed medicines is important.

Hallucinogens...drugs I have abused yes no

Hallucinogens, or psychedelics, affect a person's perceptions, sensations, thinking and emotions. They include drugs such as LSD, mescaline, DMT and peyote. They are used in various ways from tablets to smoking to eating mushrooms. They cause intense physical and psychological effects on the body and mind.

Damage Caused by Hallucinogens

Body

Heavy users develop brain damage such as impaired memory and attention span and confusion. Other effects include increased heart rate and blood pressure, sweating, tremors and sleeplessness.

Psychological

Bad trips may result in panic, confusion, suspiciousness, feelings of helplessness and loss of control. Flashbacks of experiencing the effects without taking the drug can occur. Mood swings and sense of time and self can change causing panic.

Mental Illness

Mental or emotional problems that were not apparent can be unmasked with use.

Opiates/ painkillers...drugs I have abused yes no

Opiates come from the juice in the unripe seed pods of the opium poppy. These drugs are used medically to relieve pain, coughing and diarrhea. They also offer an intense euphoric effect for people seeking a high. Opiates give a brief dream-like sense of well-being and relaxation. Their

use results, very quickly, in addiction.

Heroin accounts for a large percentage of opiate abuse. However, medicines such as morphine, meperidine, and cough medicines with codeine are also abused and can lead to addiction.

Side effects of opiates include drowsiness, dizziness, constipation, euphoria, mood swings and mental confusion.

Over time, opiate users may develop infections of the heart lining and valves, skin abscesses and congested lungs.

Inhalants...drugs I have abused yes no

Inhalants are breathable chemicals that produce mind-altering vapors. They include amyl and butyl nitrate, solvents such as glue and lighter fluid and aerosol products. They produce effects similar to anesthetics. High doses can cause unconsciousness.

Damage Caused by Inhalants

Body

Inhalants can cause nausea, lack of coordination, loss of appetite, decreased heart and breathing rate, and tiredness.

Mind

Loss of self-control, violent behavior, losing touch with one's surroundings and unconsciousness can result from deep breathing of vapors or using a lot over a short period.

Death

Death from use is not unusual. This can be caused by suffocation, depressed central nervous system response or aspiration from vomiting.

Long Term

Long term use can result in weight loss, nervous system damage, liver, kidney, blood and bone damage.

first step

The beginning.

The pathway to clean and sober living begins with taking the first step.

Until you are able to accept this first step, contented sobriety is not possible.

Alcoholics Anonymous

"We Admitted We Were Powerless Over Alcohol, That Our Lives Had Become Unmanageable."

Narcotics Anonymous

"We Admitted We Were Powerless Over Our Addiction, That Our Lives Had Become Unmanageable."

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Write Step One

What makes acceptance so difficult?

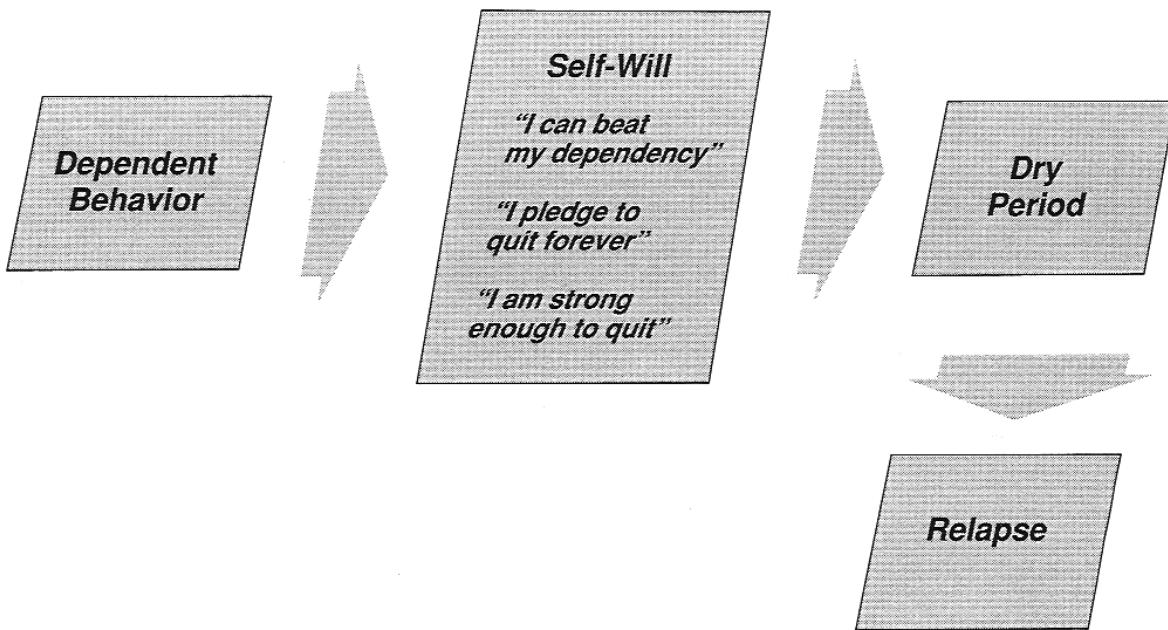
It's hard for any person to accept powerlessness and unmanageability. The task is even more difficult for chemically dependent people

whose judgment and behavior have been controlled for many years by alcohol or other drugs. They become defensive. Their ability to accurately evaluate their own behavior has been destroyed. Feelings of shame, fear, and anger may further block the truth. Well-

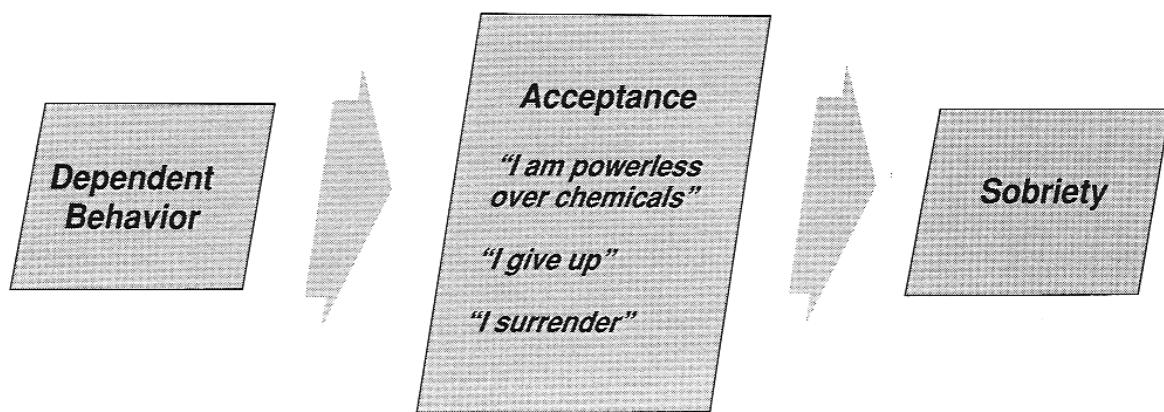
established defenses, such as rationalizing, blaming and intellectualizing, keep logical conclusions from being drawn.

It is not surprising that the dependent person finds defeat a difficult circumstance to accept.

Self-will: Pathway to failure.



Acceptance: Pathway to sobriety.



What is denial?

Denial is a way the mind handles the stress and trauma of having a long-lasting disease.

Examples:

- People with cancer are always searching for a "magic cure."
- People with heart disease often ignore warning signs and fudge on exercise and diet recommendations.
- People with diabetes fail to follow lifestyle changes which promote good health.

Chemically dependent people continue to drink and use because they deny they have a problem. At first the denial is just a spontaneous response to the problems which arise from abusing chemicals. However, as more drugs are taken, the brain is physically damaged and the chemically dependent person loses his or her ability to accurately judge and evaluate simple day-to-day situations.

Denial vs. lying.

People who lie know what is true, but choose to speak or act falsely.

People in denial become confused with what is true and what is false. They are unable to distinguish one from the other. They believe their "lies." They become deluded.

Listening and accepting.

Left by yourself, you find acts of denial difficult, if not impossible, to discover. You are not aware of your own distortions of the truth.

The solution rests with listening to others. Your peers in treatment, your counselor, your family and others will

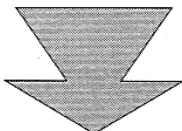
give you important clues to your denial. But you must be willing to listen and to accept what you hear.

As you break through one part of your denial, you will recognize other parts more easily.

Feel good about these discoveries. There is no reason to feel guilty. Now you will have the knowledge to change; to have an accurate picture of yourself and the world around you.

You are on your way to recovery.

How denial grows.



Early use makes you feel good.

You say you don't use as much as you really do.

You make up and repeat excuses.

You change the things that are important to you.

You blame other people and other things.

You lose interest in most things.

You stay confused and out of control.

CRISIS

Continued use until death

Honesty Reality Recovery



How did you use denial in describing:

How much you drank and used. _____

How often you drank and used. _____

The problems caused by your use of alcohol and other drugs. _____

The harm or hurt you caused others by your behavior. _____

Powerlessness.

"So many mornings I would wake up and say to myself, 'Today I will not take a drink; today I will stay on track.' But by evening my hand was wrapped around a bottle."

"I didn't even think about stopping my pot smoking at school. It was just something I did. It was me."

"My boss had warned me about my drinking. That just meant I had to be more careful."

"I'd make up excuses why I couldn't go out to lunch or shopping or to a school meeting. Then I'd lock up the house, turn on the soaps and open my wine bottle."

When the urge to use alcohol or other drugs takes priority over the rest of your life, you are powerless. When your family, your health, your work and your social life are put aside because of your using, you are powerless. Whenever your using is interfering with your ability to manage your life,

and you don't quit using, you are powerless.

It seems simple, yet accepting your own powerlessness may be the biggest stumbling block to your recovery. If you do not work at understanding and accepting your powerlessness, you will not have a foundation for building your sobriety.



Honestly looking at your powerlessness is the start of your First Step. It takes courage and work. Write a note below to yourself or a friend or your Higher Power describing your willingness and determination to be as honest and thorough as possible.

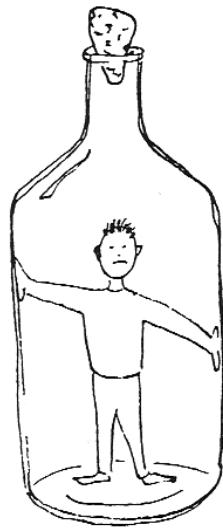
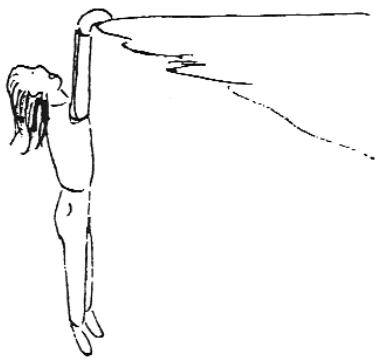
Dear _____,

Signed

Powerlessness.



Draw your image of powerlessness.



FIRST STEP

Powerlessness.

Some Facts About Me



What is your favorite drug? How often have you been using this drug? How much of it do you take each time you use?



What is your second drug of choice? How often and how much do you use this drug?



List other drugs that you have used. How often? How much?

FIRST STEP



Has the amount of alcohol or drugs you need to use to get high changed over time? _____
Describe.



Do you ever drink or use quickly to get high as soon as possible? _____ Do you ever drink
or use before a party or before an event? _____ Describe.



Do you drink or use alone? _____ Describe when and where.

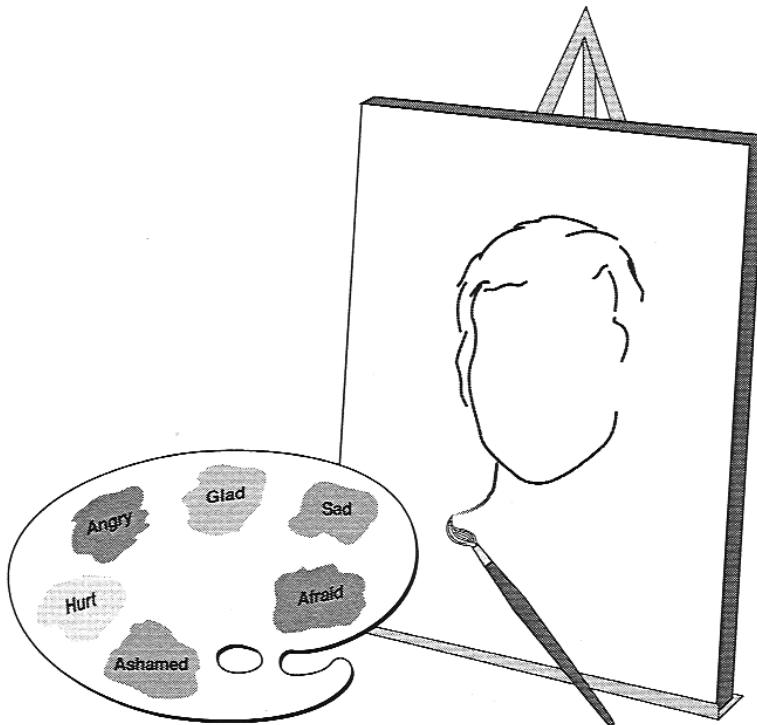


Do you hide your alcohol or other drugs? _____ Describe your hiding spots and explain
why you hide your supply.

Powerlessness.

A Portrait of Feelings

Powerlessness can creep into how you feel about yourself. If you were painting a self-portrait of inner feelings today, how would it look? Do you go to bed at night or wake up in the morning with feelings of sadness or shame or grief? What about the things you wanted to accomplish long ago that still remain undone? What feelings are left inside you when your actions go against what you know is right? Use this page to share the way you really feel about yourself today? Use these lines to paint with your words a self-portrait of feelings.



Powerlessness.

Attempts to Stop or Control

Often, chemically dependent people have recognized their need to stop using or drinking long before they seek help.

Examples:

"I only drink after 5 o'clock."

"Stopping my cocaine use completely is the answer. But using pot or alcohol occasionally won't hurt."

"I only drink every other day."

"I'll only smoke pot on the weekends."

"I only drink beer. It's not the same as hard liquor."

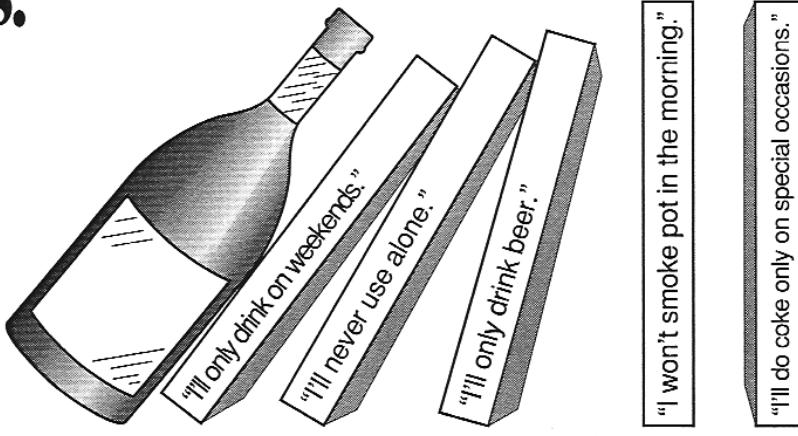
"If I only drink when I'm with other people, I'll be okay. No more drinking by myself."

"It's good discipline for me to stop drinking and using completely during the month of March."

"If I spend only \$10 per week on alcohol, it won't be enough to cause me any problems."

"My weight is the real problem. So I'll quit drinking until I'm down to 115 pounds."

"I'll buy one bottle of scotch per week. That's all!"



Name two specific ways in which you attempted to stop or to control your drinking or using. How and why did you fail?

1. _____

2. _____

Powerlessness.

Negative Consequences

Examples of losses common in chemical dependency:

- a marriage
 - a family relationship
 - a friend or friends
 - a job
 - financial security
 - good grades
 - a professional opportunity
 - an educational degree (high school, college, etc.)
 - a driver's license or a professional license
 - time (in months or years)
 - personal dignity
 - credit rating
 - the trust of others
 - a house, a car or other property
 - good health
 - the health of loved ones
 - the experience of parenting



• Make a list of three things your chemical dependency has caused you to lose. How do you feel today about each of these negative consequences?

Powerlessness.

Loss of Control

Often chemically dependent people do not plan to use or drink as much as they end up consuming. They lose control over the amount of alcohol or drugs they take. This can cause them to behave in a way that is embarrassing or offensive. Often their behavior is in conflict with what they know is right.

Chemically dependent people vary greatly in their patterns of use. Some drink or use every day, others only on weekends or even less frequently.

Yet, all addicted people cannot break away from their preoccupation with their drug of choice. They have lost control to a bottle or a weed or a powder. The chemical has taken charge.



Give three specific examples when you “lost control.” Describe how you lost your ability to stop drinking or using and your behavior went out of your control.

1. _____

2. _____

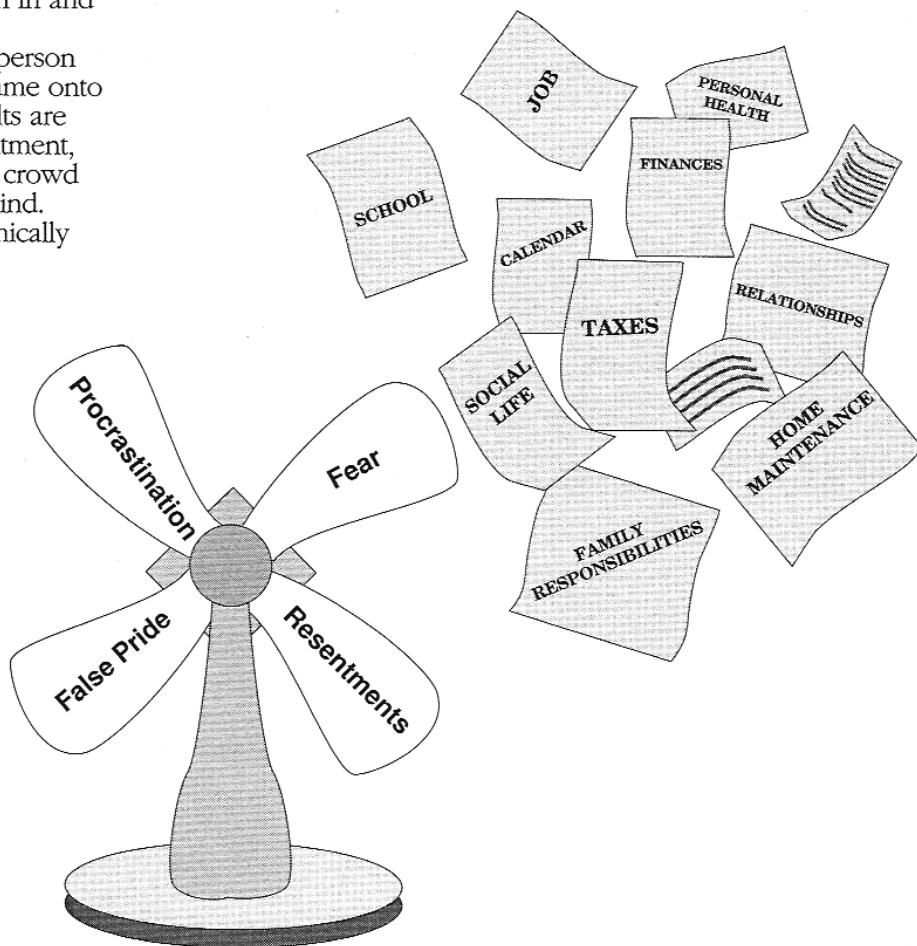
3. _____

Unmanageability.

It's impossible for the chemically dependent person to keep functioning like a healthy human being. Things just don't seem to go smoothly. Areas of responsibility which appear to be easily met by others are left in complete disorder by the dependent. Other people may pitch in and try to help. Often, the chemically dependent person attempts to shift the blame onto other people. The results are feelings of anger, resentment, fear, and shame which crowd into the dependent's mind. Those around the chemically

dependent person become confused. They may respond in a manner which makes things even more unmanageable. The dependent person may cling desperately to one part of his life (e.g., job) while other parts go

unattended. Many times the dependent person cannot see the unmanageable state of affairs. The more he continues to drink or use to hide from the daily mess, the larger the mess becomes.



Areas of unmanageability.

The following questions will give you a chance to look at the ways alcohol and other drugs have made your life unmanageable. Answer each question as honestly and thoroughly as possible.

Damage to My Body



Have you ever passed out? _____ If so, how often? Describe one time in detail.



Do you have blackouts, times you do not remember your actions? _____ Describe.



Do you ever feel sick or overly nervous and shaky from your drinking or using? _____ Describe.

FIRST STEP



Have you been warned by a health professional about damage or potential damage to your body? _____ Describe.



Has your ability to think, concentrate and remember been affected by your drinking or using? _____ Give two examples

1. _____

2. _____



Have your actions while high caused you any physical harm? _____ (Car accidents, falls, fires, fights, self-inflicted wounds) Describe.

Areas of unmanageability.

My Family and Friends



Have you changed your friends because of your drinking or using? _____ Describe.



Give two specific examples of unfair behavior you've displayed toward family or friends that were caused by your relationship with alcohol or drugs?

1. _____

2. _____



Has your relationship with your family changed due to your use of alcohol or drugs? _____ Describe.

FIRST STEP

Dangerous/Illegal Behavior



Describe two times when you were (or could have been) arrested for illegal actions because of your relationship with alcohol or drugs?

1. _____

2. _____



Have you found yourself in dangerous situations because of alcohol or other drugs? _____
Describe.

Work/School



Has your performance at work/school changed over time? _____ Describe.

There is a Better Way

FIRST STEP

Areas of unmanageability.



Have you lost any opportunities because of your drinking or using? _____ Describe.



How would you evaluate your own work/school performance?

Finances

Alcohol and other drugs can be costly in many ways:

- A. the cost of the alcohol or drugs.
- B. the cost of behavior while high or drunk (trips, blowing cash, gambling, illogical purchases).
- C. the loss of money you would have earned if you had not been high.
- D. the loss of past or future opportunities that could have been yours.
- E. the loss of money due to poor judgement, poor financial planning, bad investments.
- F. additional medical, legal or insurance costs due to your addictive behavior.
- G. anything not listed above.



How much has your addiction cost you? Fill out the form below as honestly as possible.

Cost of A \$ _____

Cost of B \$ _____

Cost of C \$ _____

Cost of D \$ _____

Cost of E \$ _____

Cost of F \$ _____

Cost of G \$ _____

Total cost of my chemical dependency \$ _____

FIRST STEP

Spiritual Life



A belief in a Higher Power gives us daily strength and a feeling of peace. Have you had feelings of helplessness and hopelessness? _____ Describe.



Has your drinking and using behavior caused you to do things that go against your own values? _____ Describe.

FIRST STEP

Areas of unmanageability.



Has your belief in a Higher Power changed over time? Have ways that you express your faith changed? _____ Describe.



Based on your responses to these questions, answer the following:

Has your drinking or using made your life unmanageable?

Are you an alcoholic/chemically dependent person?

Do you wish to continue your recovery? _____ If so, give three reasons why. _____

1. _____

Search Within

spirituality

steps two and three

Out of focus.

If you are like many people who enter treatment, you feel out of focus. You have lost track of your values, your beliefs. Your goals may have faded in the wake of your craving for alcohol or other drugs. Your lifestyle, the way you spent your time, may have left you empty, alone and frustrated.

One day slipped into another and then another. You were like a ship in an ocean—swaying back and forth with each wave. Your destination, your purpose, your spirit had been lost to your addiction.



Have you felt out of focus? How?

Your
chemical
was your
higher
power.

Consider how important alcohol or other drugs had become to you. Didn't your addiction control your thoughts and behavior?

Can you think of alcohol or other drugs as a power that caused you to say and do things that went against your values?

It may have told you:

"Nobody knows how tough life has been for me; no wonder I need to get high from time to time."

"I hate my parents. They only get in my way."

"I don't care whether this check bounces or not."

"My wife doesn't understand or appreciate me. Why should I care what she thinks?"

"I can drive just fine no matter how much I've had to drink."

"I could do my job better if that damn boss would stay out of my hair."

"Who needs that kind of friend anyway? She never did know how to have a good time."

"My kids don't listen to a thing I say, so why should I be held responsible for their behavior?"

"I'm not being any more dishonest than everyone else."



Write three things your addiction caused you to feel or say.

Honesty: gateway to spirituality.

Many people in recovery speak of the importance of honesty in gaining a feeling of spiritual growth.

Here are a few tips that recovering people have shared:

"I can express my honest feelings in group and at meetings."

"I can share my secrets with those people I trust."

"I can end or change relationships which are based on dishonesty."

"I can be open and honest with my sponsor."

"I can tell the truth today."

"I can say 'I'm sorry' to people I have harmed."

*"I can pray to my Higher Power
for help to become more
honest."*

*"I can take a daily inventory:
How honest was I today?"*

"I can ask close friends to help me stay honest."

"I can give myself a pat on the back when I make the honest choice."

"I can recognize the honesty in other people. I can compliment them for their honesty."

"I can look for progress, not perfection."



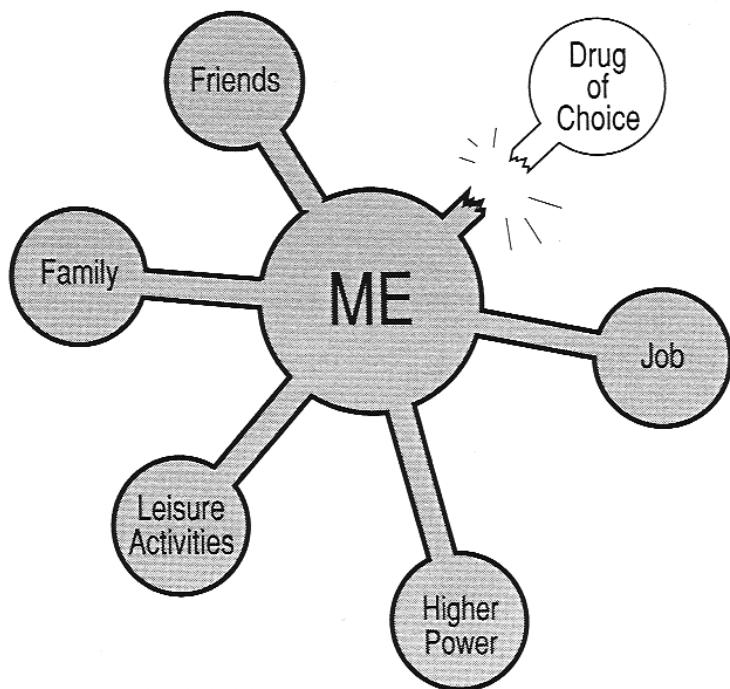
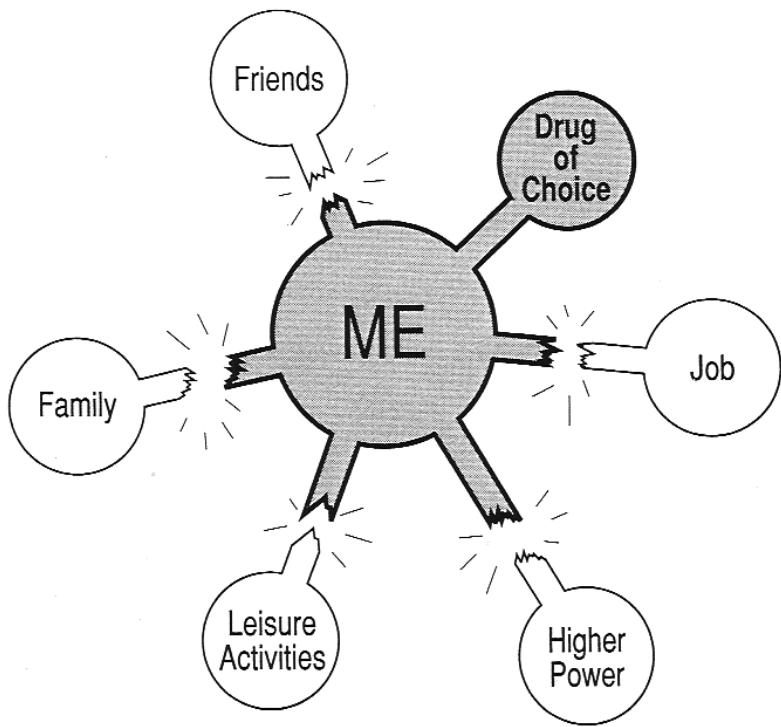
Make a list of the ways you have become more honest since entering treatment. Describe three ways you can still improve.

The right connection.

A spiritual way of life allows you to connect up with people, activities and your Higher Power.

Addiction

You may find that your addiction has left you isolated from other people and other things. Your drug took on such an importance, it broke the ties you had with all that mattered in your life, including your Higher Power.



Recovery

Your pathway to recovery will allow you to link back up to those people and those things that are important to you. It allows you to gain a spiritual connection.

Recovery is not a race.

Often, Steps Two and Three do not come quickly to recovering people. They fight and resist. They quarrel with the word "insanity" or with the concept of a Higher Power or with the idea of turning away from self-will to the will of a Higher Power.

Relax.

Recovery is not a race. Just be open to new possibilities, new ways, new thoughts. Attempt to release your defenses. Listen to others who have come to believe in a Higher Power and who have turned their will and lives over to that Higher Power.

Write Step Two

The first three words of the second step are very important: Came to Believe. The words suggest that your spiritual discovery is a journey. You do not need to feel as though you should have already arrived or that you need to arrive by a certain time or date. Maybe you sense your journey has already begun. Fine. Maybe it is about to start. That is fine as well. The important point is that you have a willing spirit.



Do you believe there is a power greater than yourself? _____ Explain.



Write a want ad for the Higher Power that you would like to have in your life.

A spiritual journey.

As is true with so many parts of our life, spiritual growth is not an event but a journey that continues throughout our lifetime. When our spiritual life

is out of balance, everything is out of balance. A belief in a Higher Power rarely comes instantly. It does not strike like a lightning bolt. Faith is achieved through one's daily activities. It is achieved by taking small, calming steps in an enlightening journey. The journey does not lead to a

destination or end point called spiritual life. Rather, there are many spiritual rewards along the pathway. The payoff comes in making the journey, not in reaching a destination.

If you are not already on a spiritual journey, why not start today. This moment.

Follow a serene pathway.

Fill in the steps of your pathway using phrases from the list provided. Add any more that you would like. Remember, your pathway does not need to be in any special order or have a definite beginning or ending.

- | | | | |
|--|--|--|--|
| | | | |
| | | | |
| | | | |
| | | | |
- Music/singing
 - Quiet, solitude
 - Appreciating nature
 - Loving others unselfishly
 - Listening to others
 - Sharing your feelings
 - Remembering, reflecting
 - Keeping a journal
 - Forgiving others
 - Attending a church
 - Praising others
 - Walking, exercising
 - Smiling, laughing
 - Reading, learning
 - Helping others
 - Working
 - Sharing experiences
 - Asking for forgiveness
 - Embracing loved ones
 - Fourth and Fifth Steps

Turn it over.

Step Three brings us to a choice. If we have successfully completed the first two steps, we are now ready to make a decision to either rebel or recover. We can continue our

hopeless fight with addiction through use of self-will or we can turn our will and our lives over to the care of our Higher Power.

Completing Steps Two and Three is good preparation for your Fourth and Fifth Steps.

Write Step Three

The first three steps to recovery.

1

WE ADMITTED

We could not help ourselves.

2

WE BELIEVED

A Higher Power could help us.

3

WE DECIDED

To turn ourselves over to our Higher Power.

Footprints.

One night a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints on the sand; one belonging to him, and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the Lord about it. "Lord...you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why you'd leave me when I needed you most."

The Lord replied, "My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

Author Unknown

feelings

The feelings disease.

Chemical dependency is referred to as a disease of feelings. Often, patients grew up in emotionally unhealthy families where feelings were not expressed openly. They

never learned how to express feelings honestly. Others lost their ability to openly deal with feelings as their addiction to alcohol, cocaine, marijuana or other drugs took its course.

Some chemically dependent people play a "feelings game." "What feelings can I pretend I'm having to make the right

impression?" or "How can I use this feeling to make him feel this way about me?"

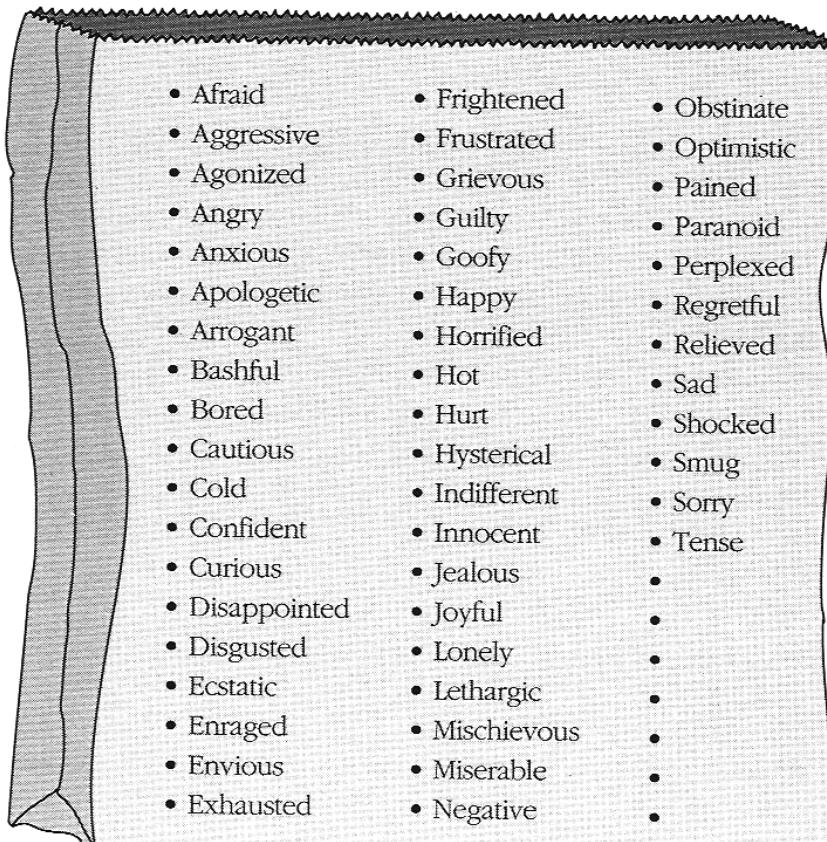
A different approach to the feelings game is to hide feelings which are swelling inside: "I can't show her how angry I am," or "I'm not going to let her see how frightened this makes me feel."

The feelings bag.

There are so many different kinds of feelings you can experience. And often you mix two or more of them together. You may experience two opposite feelings about a single event. For example, you may feel relieved about being here in treatment and at the same time have feelings of fear and anger.

Here is a feelings bag. Circle those feelings you experience most often. Put an x through those you rarely feel. Add feelings you have that aren't listed.

Take a look at your bag. What do you think?



Some facts about feelings.

Feelings Follow Change

Feelings often come about when changes are taking place. When you re-think, re-do, re-organize or re-arrange, feelings just happen.

Feelings and Other People

Feelings come in relationships with other people—your parents, your spouse or partner, your boss, your children, your neighbors, your friends—anyone with whom you communicate.

Feelings Don't Just Disappear

If feelings are ignored, they don't just go away. Feelings stick around and take other shapes and forms. Often, they do damage to your physical or mental health.

Feelings Can Be Sneaky

Often your feelings come in disguises. You can mis-label your emotions. For example, you can feel you are angry when you are really afraid, or you can feel you are sad or confused when you are really angry.

Feelings Can Lead to Relapse

If you do not learn to accept and express your feelings honestly and appropriately, you may be tempted to use the temporary, ineffective and damaging alternative of mood-altering drugs.

Feelings Just Are

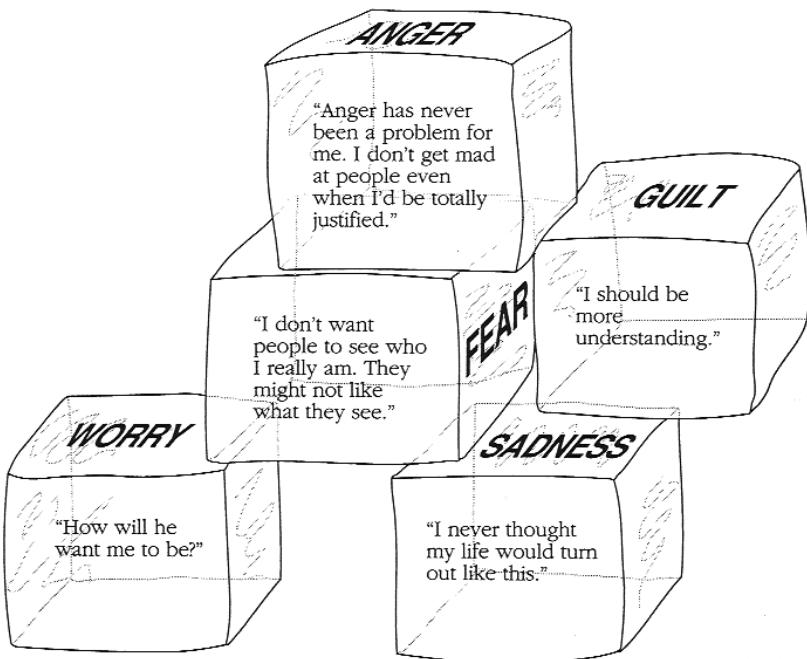
Feelings, by themselves, are not wrong or right. They are just part of you.

Feelings Can Change

No matter how strong they may be at first, feelings can change.

Frozen feelings.

Because of your drinking and using, you may not have established a healthy manner of recognizing and accepting your own feelings or finding acceptable and rewarding ways of sharing feelings with others. Your feelings may appear to be frozen.



Don't think you have to rush out and find your feelings. Identifying, owning and expressing your feelings in a healthy manner comes naturally as you work the Twelve Steps—one day at a time.

Every person goes through life in various stages of personal knowledge and acceptance of their feelings.

You can start where you are today and grow a little with each new experience.

Defrosting your feelings will bring on a wide range of emotions. But remember, recognizing and accepting your emotions is an important part of your ongoing recovery.



Describe a feeling that was frozen before you started your recovery. How have you become aware of it?

shame

Some feelings seem “bigger” than others. These big feelings of shame, guilt, grief, anger and fear are especially

grief anger fear

important for addicted people to recognize as they recover. Sharing these feelings with

someone is usually the best way to keep from leading to a relapse or other problems.

What is shame?

Shame is an inner sense of being basically bad, inadequate, defective or unworthy. It is judging yourself, and giving yourself a failing grade. Shame says "I am bad. I am worthless. I am not enough."

Shame often goes hand in hand with addictive behavior. It grows as the addiction grows. Yet, shame is very difficult to recognize in others and particularly in oneself.



Shame is often disguised as other emotions or behaviors. It stays hidden and continues to grow.



Do you experience feelings of shame? _____ What form does your shame take?

The effects of shame.

Since shame hides in other emotions, it is difficult to spot, particularly in ourselves.

If a person filled with shame could look accurately in a mirror, here is what he or she would see:

- *I must not let others know who I really am. I must continue to fool them into believing I am someone that I am not.*
- *I feel so lonely and isolated inside.*
- *I am always feeling nervous and anxious about everything. That's why I need to stay in control. I can't allow things just to take their course.*
- *I cannot trust others because I cannot trust myself. Therefore, I need to manipulate what they think and do.*
- *I really want to be liked and loved; to be special in other people's eyes. I can only tell whether I'm a good and worthy person by how others react to me.*



What shame messages do you give yourself?

Replacing shameful thoughts.

Read the following messages over and over. Let them start to replace the shaming messages inside you.

- *I can laugh at myself. It's okay to make mistakes; everyone does.*
- *When I am wrong, I can promptly admit it. I don't need to hide from being human.*
- *I am a good person. I have unique and special gifts from my Higher Power.*
- *I can let go of my expectations of other people. I cannot control other people's feelings or behaviors. I am only responsible for me.*
- *It is okay when people disagree with me or act as if they don't like me. I know I'm okay.*



Write down the message you will begin to give yourself to replace your shaming message.

shame grief anger fear

What is grief?

Grief is emotional suffering caused by a loss, real or imagined or anticipated.

Grief is separation from a significant relationship.

***GRIEF
is normal.***

***GRIEF
is healthy.***

***GRIEF
is inevitable.***

Grief can be felt over both large and small losses. Some examples:

- Loss of a loved one.
- Loss of a marriage or relationship.
- Loss of a job.
- Loss of alcohol/drug.

- Loss of a home.
- Loss of physical abilities.
- Loss of a contract.
- Loss of a co-worker.
- Loss of a pet.
- Loss of good health.

- Loss of a possession with sentimental value.
- Loss of security.

The greater the loss is to a person, the greater the grief.

When a person experiences a loss, grief is the normal and healthy way to respond.

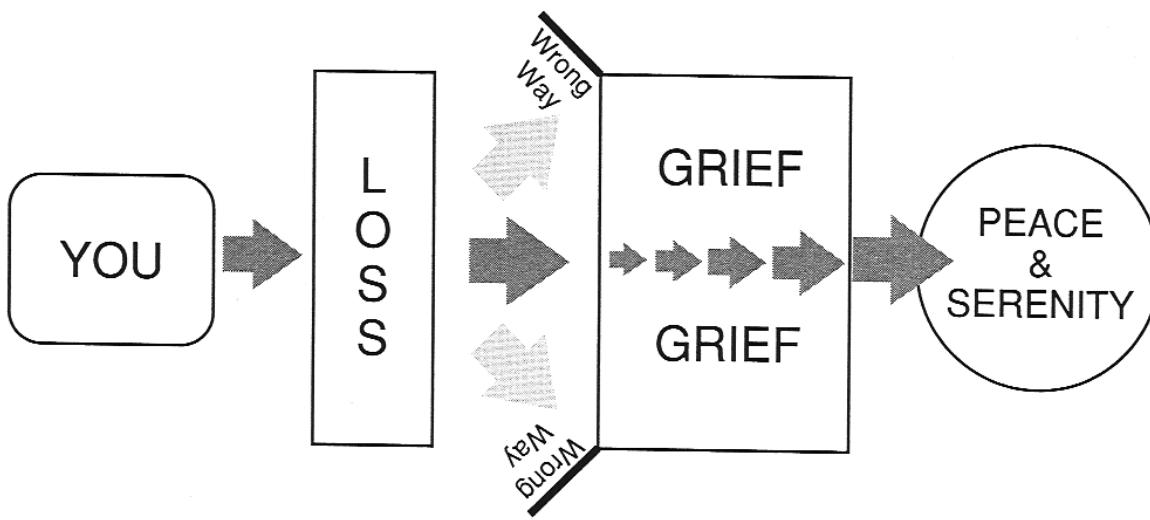


List at least three losses you have felt in your life.

Getting through your grief.

- Focus on today. Don't look too far back or too far into the future.

- Remember you are not alone. Talk about your grief to your sponsor, to your friends and at meetings.
- Don't isolate. It's important to stay active and in touch with others.
- Don't pursue despairing thoughts. Clear them out of your mind, replacing them with positive ideas, positive pictures.
- Beware of your old "short cut" to happiness. Drugs and alcohol will never offer real help. Remember what your life was like when you were drinking and using.
- Invest your time and energy into dealing with grief. Don't hide from it; accept it and work at moving through it.
- Ask for help from your Higher Power.



Acceptance.

Accept your grief. It is an honest emotion. Work your

way through it with the help of your Higher Power, meetings, using the Twelve Steps and your friends.

If you avoid or hide from your feelings of sadness and grief, you will be unable to reach the peace and serenity you deserve.

FEELINGS

shame grief anger fear

Anger is a complex emotion. Some people use anger to cover up other feelings. Some people cover up their anger with feelings of sadness or by laughing it off.

Do you express angry feelings or stuff them inside of you? Explain. Describe one part of your life today which makes you angry. Try to write about this emotion. How does it make you feel? How does

being angry influence the tone in your voice, the way you walk, your posture, your gestures and expression? Ask someone close to you to describe how you show your anger. What did he/she say?



Furious
Seething
Enraged
Hostile
Vengeful
Incensed
Abused
Humiliated
Hateful
Sabotaged
Betrayed
Perturbed
Rebellious
Outraged
Fuming
Exploited
Mad

Anger Blocks

Anger blocks.

Anger can block you from feeling good about yourself and sharing that goodness with

Dealing with your anger.

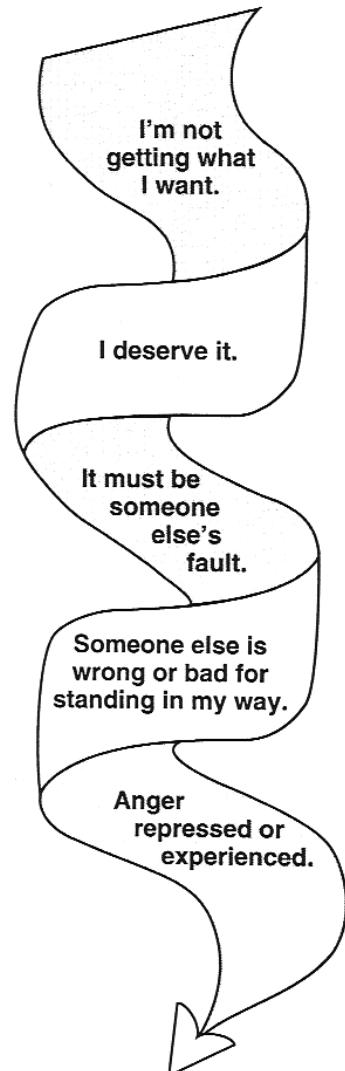
Feel it

"I cannot pretend my angry feeling does not exist. I accept it as a real and honest feeling."

those around you. If you let resentment control your thoughts and behavior, you will not experience the promises offered in Twelve-Step Programs.

The Anger Route

Anger generally follows a pattern that begins with self-will and ends in resentment.



Accept Responsibility

"I am responsible for my own behavior. I cannot control the actions of others. I can depend on my own values and act in a manner which is right for me."

Be Honest With Yourself

"What am I really feeling? Why am I feeling this way? Am I judging other people? Am I angry because my will is not being met? Have I turned this over to my Higher Power?"

FEELINGS

shame grief anger fear

Fear is a feeling that is common to all people, but particularly to those who are chemically dependent. Often alcohol and other drugs are used to hide from fearful situations or nagging anxiety. Often the secrets and lies that surround the abuse of mood-altering chemicals cause fear to play a major role in addicted people's lives.

In many cases, the fear freezes the person from taking action and the fear just gets larger and larger. In time the fear and anxiety are so common that they are always present without any particular event or circumstance attached to them.

Many recovering people have found that as their lives gradually move toward a base of honesty and spirituality, their feelings of constant dread are lifted. However, in early recovery the fear of living without the use of their bottle or other drugs is great. In addition, their lives, under the influence of drugs, may have created many immediate problems. To face such challenges sober, can be very frightening.

Here are some suggestions for dealing with fear:

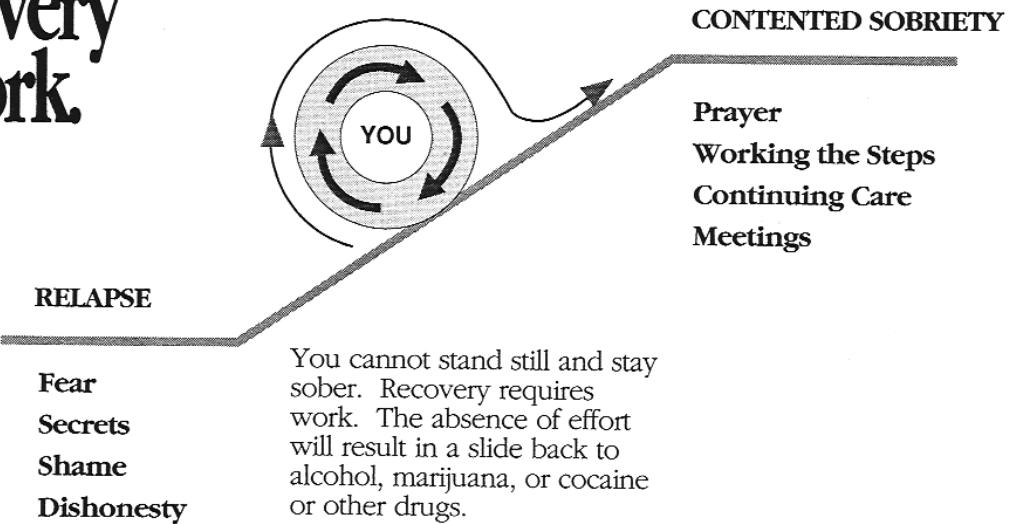
- Recognize and accept that fear is normal and is a part of everyone's life.
 - Admit your feelings of fear to people who are close to you; talk about them.
 - Identify the reasons for your fear and take appropriate action.
 - Ask for help from friends, your sponsor, family and at meetings.
 - Concentrate on progressing toward rigorous honesty.
 - Exercise your body and your mind.



→ Describe one part of your life today which makes you afraid.

relapse prevention

Recovery is work.



What is relapse?

One of the dangerous characteristics of the disease of addiction is the tendency for people to relapse. The first few months are particularly difficult for many recovering people; but men and women have relapsed after five, ten, twenty or even more years of not drinking or using.

Relapse does not begin with the first drink or pill. The time

to prevent a relapse is long before you return to using. Successful recovery requires dramatic changes in the way a dependent thinks and acts. The Twelve Steps of Alcoholics Anonymous and Narcotics Anonymous do not teach a person how not to drink or use, but rather how to live in a responsible and personally rewarding manner. As a person in recovery continues to grow along this new path, he moves further away from a possible relapse. The reverse is also true.

When a chemically dependent person stops growing, he begins to slip into a pattern which will eventually lead to more chemical abuse.

Relapse is a process, not an event. It can be changed or interrupted at any time. There are warning signs and symptoms which the recovering person can detect to forewarn him or her of the potential danger.

The road to relapse.

You want to stay sober. You want to experience the promises of a serene life (pages 83 and 84 of the *Big Book*). Many people who leave treatment have good intentions, but the cunning, baffling and powerful nature of the disease of chemical dependency causes them to relapse.

There are many steps taken before relapse actually happens. If you regularly note the signs that point the way for you, your chances of avoiding a relapse are much stronger.

The path is different for everyone, and usually several signs are present. There is no particular order in which they appear, but if you see yourself going back and forth in these areas...beware! You may be on the path of relapse.

Relapse does not occur when you first begin to use. Relapse is a process that starts long before you actually return to using.

Just as chemical dependency is an illness that affected the physical, social and psychological aspects of your life, the path to relapse may have signs that appear in all areas of your life as well.

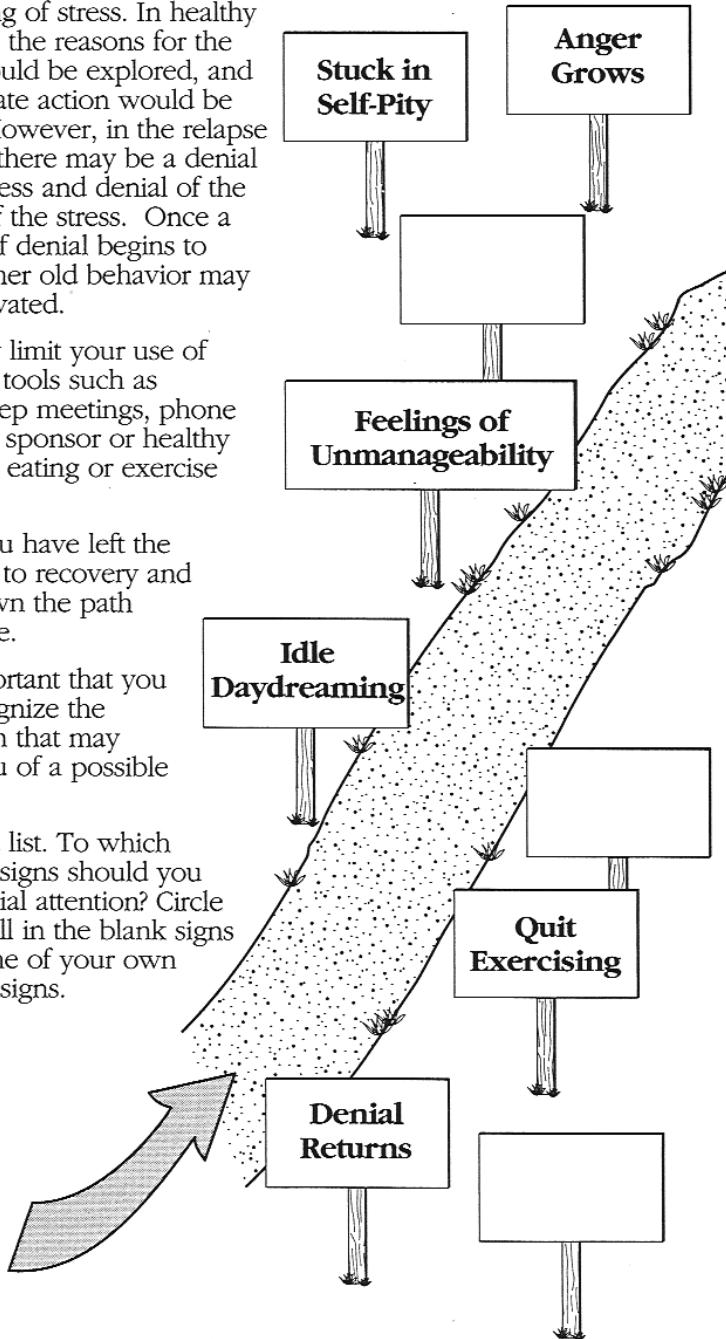
The first sign of relapse may be the feeling of stress. In healthy recovery, the reasons for the stress would be explored, and appropriate action would be taken. However, in the relapse process, there may be a denial of the stress and denial of the source of the stress. Once a pattern of denial begins to grow, other old behavior may be reactivated.

You may limit your use of recovery tools such as twelve-step meetings, phone calls to a sponsor or healthy sleeping, eating or exercise patterns.

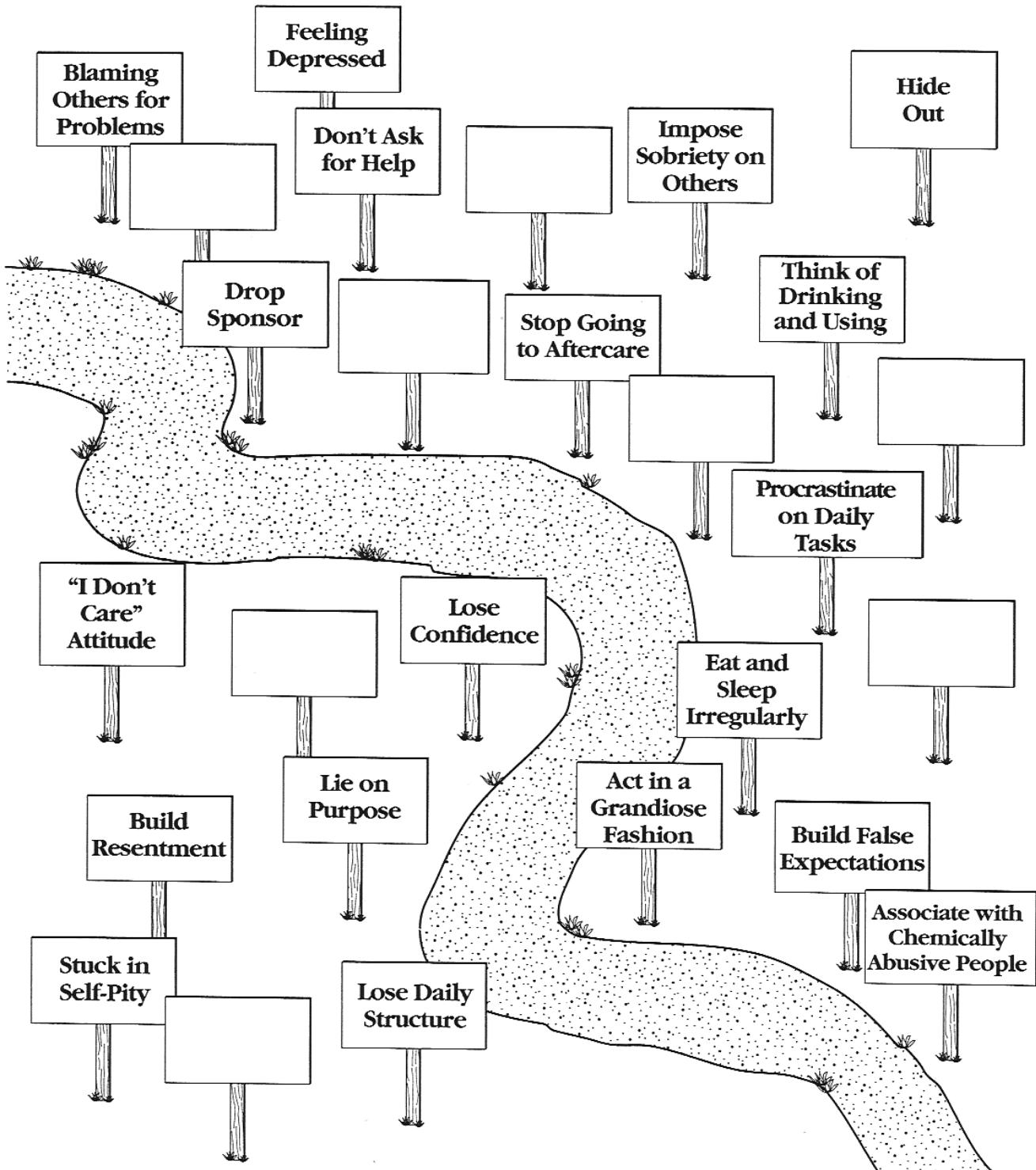
Soon, you have left the pathway to recovery and slide down the path of relapse.

It is important that you can recognize the early sign that may warn you of a possible relapse.

Here is a list. To which warning signs should you pay special attention? Circle them. Fill in the blank signs with some of your own warning signs.



RELAPSE PREVENTION



Take Action

“Stinking thinking.”

Read these “I” statements out loud. Such thoughts are often expressed by chemically addicted people about to relapse. Put a check mark by the ones you might be most apt to say in the weeks and months ahead.

- “**I** do not go to AA or NA meetings on a regular basis. When I do go, I don’t listen to what others say. I often pass or say something of a general nature.”
- “**I** allow myself to become overly tired, sometimes to the point of exhaustion.”
- “**I** begin to tell little lies or fail to tell the whole truth. I make up little stories often for no apparent reason.”
- “**I** become impatient with myself and other people.”
- “**I** quit going to Aftercare.”
- “**I** eat on an irregular basis, often missing several meals in a row. I pay little attention to the nutritional value of what I eat.”
- “**I** get angry and argumentative frequently over small matters of little or no significance.”
- “**I** spend much time thinking about the terrible things that have happened to me. I get really down on myself and I don’t think anyone really cares about what happens to me.”
- “**I** don’t feel like anything is going my way. I am very frustrated at the actions of other people, particularly those closest to me.”
- “**I** have very high expectations. Even if they do sound unrealistic, I expect to do great things.”
- “**I** think I overreacted to the dangers of cocaine. It’s just not that big of a thing.”
- “**I** proclaim I will never take a drink for as long as I live. It would be a case of suicide. I don’t think I need to pay daily attention to something so obvious.”
- “**I** am getting sick and tired of people questioning me about my sobriety. And I know what they’re thinking even when they don’t ask.”
- “**I** don’t need the help of other people. I am responsible for my own actions and would appreciate everyone recognizing that fact.”
- “**I** think about drinking and using quite often. After all, I had some fantastic times before the chemicals really got to me.”
- “**I** feel like I’ve lost control of my life, almost as if I’ve been smoking again. I have a hard time concentrating on anything for more than a few seconds.”
- “**I** think things are so bad in my life they can’t get much worse. I don’t even think drinking or using could mix me up more than what I already am.”
- “**I** get tired of hearing about all that Higher Power stuff. I can stand on my own two feet.”
- “**I** know so many people who drink and use too much. They need to wake up and stop being so stupid. Their lives are really becoming a mess.”

RELAPSE PREVENTION

When you want to use...

Be prepared! There are many ways to help yourself when you feel like using.

"I wanted to drink so bad I could taste it."

"My using dreams were so real I'd wake up in a panic."

"I couldn't drive by the park without thinking about getting high."

Talk to Others.

Who can you talk to?

Be Active.

Do something active or different to take your mind off your cravings. List five things you could do.

Think Positive.

Negative

"I can't stand this."

"It would feel so good."

"This is impossible."



Positive

"I can wait till tomorrow."

"Remember the bad things that happened when you used."



"I can do it today."

List some of your own positive thoughts.

RELAPSE PREVENTION

Stress and addiction.

Often addicted people began using alcohol and other drugs to relieve their feelings of stress. Drinking, smoking pot, or popping pills was a way to relax.

Was that true for you? _____

By now you probably have realized that alcohol and other drugs were just temporary pacifiers which offered short-term solutions at best.

Eventually, the chemicals added more stress, more anxiety and more fear to your life.

Now you are seeking a program of sobriety and going out into the world which will again serve you stressful, anxious and fear-provoking situations. You must learn how to handle these

feelings without drinking or using.

People in early recovery may wonder:

"How can I get through a day at work without a little chemical help?"

"How can I go to a party or dance without being high?"

"How can I sit in class all day long without any pot or vodka?"



Describe three situations in which you used alcohol and drugs to cover stress.

Honesty reduces stress.

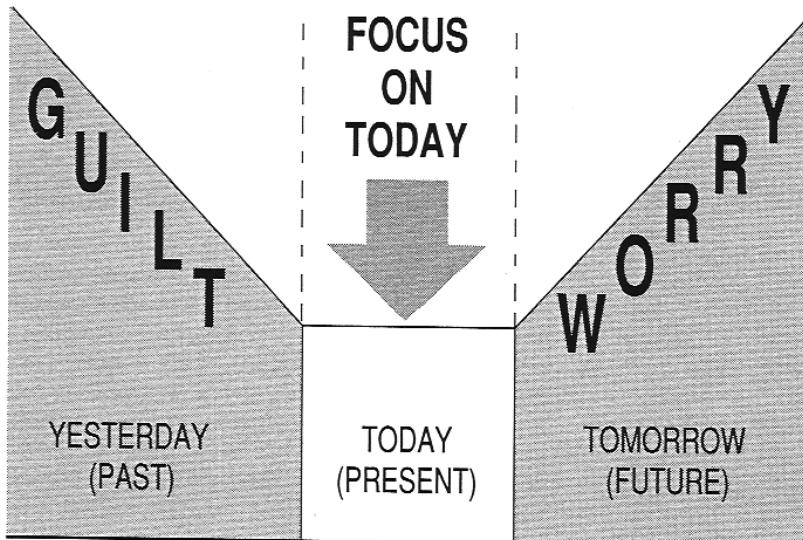
“One day at a time.”

Two of the most unrewarding emotions are guilt and worry. Most addicted people are filled with both. On one hand, we dwell on yesterday and build up huge amounts of guilt. On the other hand, when we are not beating ourselves with guilt, we look into the future and create great mountains of worry.

As a newly recovering person, you cannot allow guilt or worry to control your attitude. You must focus on the present. When you do that, the guilt of past failures and the worry of

Reaching an inner peace comes with being honest. People who abuse alcohol and drugs find it impossible to lead honest lives. They must always be making up stories and excuses, always scrambling to cover up their addictive behavior.

As you are able, one day at a time, to strive for rigorous honesty, you will find much of your feelings of fear and anxiety will disappear.



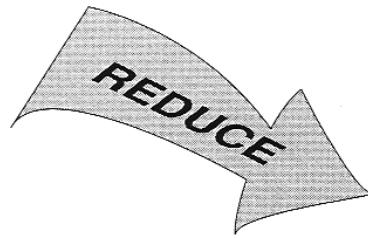
the future will give up their control of your life. You will feel more peace.

Many addicted people drank and used in order to hide from guilt and worry. Living a sober

life requires a concentration on the activities and issues of today. Let go of yesterday and let tomorrow wait. Today is completely yours—use it and enjoy it.

Making wise choices.

The choices that you make will increase or decrease the amount of stress in your life. Here are some specific ways to become a more relaxed and contented person.



Exercise

An exercise that raises your heart beat and can be maintained for 20 minutes or more is the best. Examples are brisk walking, riding a bicycle, jogging or swimming. Remember: "easy does it." Don't try to "catch up" in one day or one month.

Get Straight Financially

Applying the Twelve Steps and the other tools of recovery to your financial matters can be a very important way to reduce stress. If you are behind in your bills or family obligations, start by getting things down on paper. Ask for help. Prepare a simple plan that identifies how much money comes in each month and where it must go. When you talk to your creditors, tell them what you can do—then do it.

Reach Out

You are not alone. Your recovery will involve others. Your sponsor, friends from meetings, and family can all provide you with support. Reach out for this help.

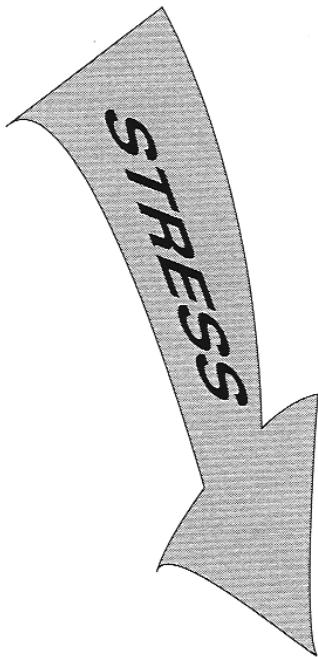
Listen to Your Body

Learn to listen to your "body talk." When you are under stress, you will get your own warning signals, which means you are being overloaded. It may be pain in your stomach, in the back of your neck, your shoulders, a headache or other signs. When you hear this kind of message, back up and ease off.

Confront Fears

If you know you are going to have a stressful, difficult situation in the near future (a new job or school, a move to another city, a difficult meeting with your boss, trouble in the family, surgery, etc.) identify your fears. Write them down. Then talk them over with others who will listen and who have had similar problems.

RELAPSE PREVENTION



Schedule Wisely

Don't schedule too many activities for your day. If you must schedule tightly, also provide for relaxation periods; even 10 minutes of quiet time can help.

Personal Place

Insist on having a time and a place in your home in which you can be alone. When you feel that your space is being invaded, you are under stress. When privacy is a regular part of family life, there is less tension and stress.

Be Assertive

Take responsibility for identifying and meeting your own needs. Communicate with others in an open, clear, and emotionally honest manner. Know your rights and stand up for them. Appreciate yourself, your strengths, your abilities, your uniqueness.

Laugh at Yourself

By finding humor in your mistakes, you give yourself permission to be imperfect (now that's a relief!). Others will be more open with you. Honest, helpful and friendly communications will result.

Share Your Secrets

Try to stay open to those people around you. Don't bottle up your secrets. Allow people to see the real you...the wonderful you.

Leave Time For Fun

You'd think it would be easy to have fun, but if you've always associated fun with drinking and using, those "fun activities" may feel awkward or uncomfortable when you first experience them without being high or drunk. Some social activities, closely associated with your drinking or using, may need to be left behind. Often newly recovering people find new ways to have fun or recapture the joy of activities they had given up many years before.

Diet is important.

Making the shift to healthy eating.

Americans have a tendency to eat the greater share of their food from the animal (red meats, eggs, etc.) and processed or extracted (sugar, white bread, etc.) food categories.

Choices on when to eat and what food to eat or avoid is an important part of your recovery program.

Your food decisions will influence how you feel, how you handle stress, your thinking skills, your energy

level, and your ability to rest and sleep. In addition, many parts of your body may have been physically harmed by your use of alcohol and other drugs. By eating right, you give your body the materials it needs to repair the damage.

However, plant foods (fruit, vegetables, grains) offer the greatest balance and nutritional bargain. They keep the food craving swing from occurring. This helps a person in early recovery. It reduces mood swings and brings the body and mind into balance.

Other tips

1. Remember progress, not perfection. Celebrate your successes, but don't try to change your eating habits overnight.

2. Find others who have moved or are moving toward healthier diets. Join them; talk about new ideas, success and frustrations.

3. Most recovering alcoholics have blood sugar instability. Avoid long gaps between meals. Eat in small quantities five or six times per day.

4. Develop an interest in food and diet. Become knowledgeable.



List the things you need to do to obtain healthy eating habits.

RELAPSE PREVENTION

Sleep right.

Few addicted people are in the habit of getting a good night's sleep every night. While your life centered around alcohol, cocaine, pot or other drugs, your body and your mind

were controlled by an artificial clock. Healthy, regular patterns for being alert and active or at rest and asleep could not be established.

You were constantly reacting to stimulants or depressants. Cravings kept you awake. Nightmares made sleep a frightening alternative. Sweat-

soaked sheets remind you of your chemical abuse. Cocaine may have given you borrowed energy, then a crash. Alcohol may have caused you to pass out.

As was true in other parts of your life, you lost control of your ability to rest and sleep naturally.



Describe your sleeping pattern.

Sleep without drugs.

Normal sleep patterns may take several months to return, but you can sleep without drugs. Here are some tips from a recovering person who abused alcohol, cocaine, pot and other drugs.

I don't take naps during the day.

I keep relaxing events in my evenings, and confine my decision making and problem solving to daytime hours.

I avoid stimulants, such as coffee, tea, cola and chocolate, particularly in the evening.

I leave the bedroom if I can't fall asleep after 20 minutes. I do something light and enjoyable (read, listen to music, work on a hobby) until I feel drowsy. I return to my bed. If, again, I am not asleep within 20 minutes, I leave the bedroom and repeat my activity. Soon your bed and bedroom will be associated with the pleasantness of sound sleep, not the upsetting feelings of attempting sleep unsuccessfully.

RELAPSE PREVENTION

Relapse prevention plan.

Relapse is preventable. By answering these questions, you can become aware of possible relapse-producing events or causes. This plan can work against your usual excuses. Please be specific and if possible answer each question with more than one answer. Remember, the more you put into it, the more you get out of it!



How many twelve-step meetings will you attend? Where, day, time?

What times are you most likely to use alcohol or drugs? What will you do instead?

What actions will you take when you get angry or frustrated?

RELAPSE PREVENTION

How will you start each day?
End each day?

What are some actions you
can take when you are lonely?

What are some actions you
can take when you're not
getting along with friends or
family?

What are some actions you
can take if twelve-step
meetings begin to feel boring
or unimportant?

RELAPSE PREVENTION

Describe how you will handle situations that make you afraid.

What life events or losses could cause you to use drugs or drink?

Make a list of those people who can give you support in times of need.

Will you be able to ask these people for help? _____ Write how you will do so.

