

Day 1: RECOGNIZE

Understanding Your Patterns, Triggers, and Rock Bottom

Today's Focus

We can't change what we don't acknowledge. Today is about getting honest with yourself - without shame - about the patterns that have been running your life.

Exercise 1: Identify Your Patterns

What are the automatic behaviors you engage in when you're stressed, lonely, or overwhelmed?

Exercise 2: Recognize Your Triggers

What situations, people, or emotions consistently lead you toward your addictive behavior?

Exercise 3: Your Rock Bottom

Describe your rock bottom moment. What brought you here? (This is not to punish yourself, but to see clearly.)

Today's Action Step

Share one pattern or trigger with someone you trust. Speaking it out loud breaks its power over you.
