

Table of Contents

Table of Main Worksheets	11
Introduction	13
Chapter 1 My Decision	23
1 Introduction	23
2 Basic Sobriety Priority T-Chart (Example)	24
Chapter 2 My Body	29
1 [Detox]	29
2 Telltale Signs.....	29
3 Hidden Body Damage	30
4 Doctor Visits.....	30
5 Teeth & Gums	31
6 Nutrition	31
7 Vitamins, Minerals, Herbs, Supplements	32
8 Caffeine.....	32
9 Sugar	33
10 Cigarettes	33
11 Pain	34
12 Exercise	35
13 Sleep, rest	35
14 Dreams.....	36
15 My Brain	36
16 Medications	36
17 Depression	37
18 Chronic Anxiety.....	38
19 Bipolar Disorder	39
20 Panic Attacks	39
21 Post-Traumatic Stress Disorder	40
22 Hepatitis C	40
23 HIV	41
24 Tuberculosis	41
25 My Genes.....	41
26 Getting Older.....	42
27 Dying	42
28 Pregnancy	43
29 Checklist of Concerns.....	43
30 My Plan for My Body	45
31 Three-Month Review	45
32 One-Year Review.....	46
Chapter 3 My Exposure.....	47
1 People Say: About Exposure	47
2 Thinking About What People Say	49

3 My Current Exposure	49
4 What Can I Do About My Exposure?.....	53
5 Exposure Risk Worksheet	54
6 Make an Exposure Hot Spot Map	56
7 Make an Exposure Floor Plan	56
8 Safe Disposal Methods	56
9 My Safe Space.....	56
10 My Safe Time	57
11 "Dry Drunk" Episodes	57
12 My Recovery Triggers	58
13 My "Daily Do"	59
<i>Aversion flavor:</i>	<i>59</i>
<i>Affirmation flavor:</i>	<i>60</i>
14 My Plan for My Exposure	61
15 Three-Month Review	61
16 One-Year Review.....	61
Chapter 4 My Activities	63
1 Part One: My Activities	64
<i>Column 1: The Way It Was</i>	<i>64</i>
<i>Column 2: Here and Now</i>	<i>65</i>
<i>Column 3: Avoid (for now) or Learn?</i>	<i>65</i>
<i>Column 4: New Activities</i>	<i>66</i>
2 Questions After Working the "My Activities" Checklist.....	73
<i>About Column 1 – The Past</i>	<i>73</i>
<i>About Column 2 – The Present.....</i>	<i>74</i>
<i>About Column 3 – The Courage to Choose "Avoid".....</i>	<i>74</i>
3 Part Two: Learning To Do One Activity Clean and Sober	75
4 My Plan For My Activities.....	80
5 Three-Month Review.....	80
6 One Year Review.....	80
Chapter 5 My People	81
1 People Say: How I Feel About Being A Person Who Does Not Drink or Use.....	81
2 Thinking About What People Say	82
3 Working With People -- Introduction	83
4 Working With People Who Support My Recovery (Column 1)	85
5 Working On Changes In A Continuing Supportive Relationship	87
6 Working With People Who Don't Know (Column 2)	90
7 People Say: About "Coming Out"	91
8 Thinking About What People Say	91
9 Telling People and Getting Their Support	92
10 "Coming Out" – Looking at the Negatives	93
11 Working With People Who Oppose My Recovery (Column 3)	94
12 How Some People Work On My Mind	94
13 What To Do About People Who Work On My Mind.....	95
14 "NO" Lines	95
15 Wet-Weather Friends	96
16 Why Some People Fight My Sobriety	97

Working With Opposition at Close Range	98
17 Handling Uncertainty and Vacillation	101
18 Message Drinking and Message Sobriety.....	101
19 My Plan for My Relationships With People	102
20 Three-Month Review	102
21 One-Year Review.....	103

Chapter 6 My Feelings 105

1 People Say: Feelings and Drinking/Using	105
2 Thinking About What People Say	106
3 Recapturing Pleasure.....	107
4 My Pleasures Plan	113
5 A Feelings Reference Chart.....	114
6 Catching and Identifying Feelings	115
7 How Many Feelings Do You Feel?.....	115
8 Unfinished Emotional Business	116
9 Spotting Trigger Feelings	116
10 Working With the Trigger Feelings Checklist	118
11 Breaking Vicious Circles of Bad Feelings.....	120
12 Spotting Empowering Feelings	120
13 Working With the Empowering Feelings Checklist.....	122
14 "Stuffing" Feelings and Letting Feelings Out Safely	122
15 Emotional Passages I Came Through Clean and Sober	125
16 Working With Strong Trigger Feelings and Cravings.....	126
(1) <i>Sit through or surf the feeling</i>	126
(2) <i>Argue with the feeling</i>	126
(3) <i>Vent the feeling</i>	126
17 Cravings "Out of the Blue"	130
18 A Checklist of Things To Do About Trigger Feelings	130
19 Working With What You Have.....	131
20 People Say: What It Feels Like Being Clean and Sober	132
21 Thinking About What People Say	133
22 Change What You Do, Change What You Feel.....	134
23 Issues That Go Away By Themselves, and Issues That Won't.....	134
24 My Plan for My Feelings.....	136
25 Three-Month Review	137
26 One-Year Review.....	137

Chapter 7 My Life Style 139

1 My Work.....	139
2 My Housing	140
3 My Living Situation.....	142
4 My Social Life	143
5 My Parenting	144
6 My Housekeeping.....	145
7 My Personal Hygiene & Appearance	146
8 My Sex Life	147
9 My Finances	148
10 My Health Insurance.....	150
11 My Legal Situation.....	151

12 My Life Style Summary	152
13 Three-Month Review	153
14 One-Year Review.....	154

Chapter 8 My History..... 155

1 Why Work on Your History?	155
2 My First Life	156
3 Early Coping Skills	158
4 People Say: My Parents	158
5 Thinking About My Parents	160
6 Thinking About My First Life.....	161
7 Later Clean and Sober Times	162
8 Working With the Later Clean and Sober Times Worksheet.....	163
9 "Why I Drank/Used" is Not the Same As "Why I Became Addicted"	165
10 People Say: How I Got Started	166
11 Thinking About How I Got Started	167
12 People Say: My Education About Drugs/Alcohol	167
13 Thinking About Drug/Alcohol Education	168
14 People Say: My Drinking/Using Patterns	169
15 Thinking About Drinking/Using Patterns.....	171
16 People Say: My Tolerance.....	173
17 Thinking About Tolerance	174
18 People Say: About Blackouts and Personality Changes.....	175
19 Thinking about Blackouts and Personality Changes.....	176
20 Alcohol/Drug Intake Worksheets	177
21 Following Up After the Intake Worksheets.....	180
22 People Say: My Feelings About Drinking/Using	181
23 Narrowing Uncertainty About Credit and Blame in My History	182
24 My Positive Achievements Worksheet.....	182
25 My Negative Events Worksheet	185
26 Thinking About Credit and Blame in My Life.....	188
27 The General Ledger of My Drinking/Using Career	190
28 Summing Up My Past and Moving Forward.....	192
29 Thinking About the Drinking/Using Life.....	193
30 Saying Good-Bye	194

Chapter 9 My Culture..... 195

1 General Attitudes	195
2 Thinking About General Cultural Attitudes.....	196
3 Models, Heroes and Villains	198
4 Thinking About Models, Heroes and Villains.....	198
5 Expectations	200
6 Thinking About Cultural Expectations	200
7 Stigma	201
8 Thinking About Stigma.....	202
9 Consistency.....	203
10 Thinking About Cultural Consistency	203
11 Economics.....	204
12 Thinking About the Economics of Addiction	205
13 Definitions and Solutions.....	205

14 Thinking About Definitions and Solutions	206
15 Take Apart an Ad or Commercial	208
16 Helpful and Burdensome Elements in My Cultures	210
17 Analyzing Your Cultural Values Worksheet	214
18 My Cultural Plan.....	215

Chapter 10 My Treatment And Support Group Experience.... 217

1 People Say: How I Got Into Treatment.....	217
2 Thinking About How I Got Into Treatment	218
3 People Say: About Treatment Staff.....	219
4 Thinking About Treatment Staff	220
5 Taking What You Can Use From the Treatment Program	221
6 People Say: The Company of Peers.....	225
7 Thinking About the Company of Peers: Synergy	227
8 Seeing the Similarities	227
9 Change Runs Deeper When You Are Active	229
10 Making "I" Statements	230
11 A Support Group's Purpose Is To Support	232
12 Give Your Treatment Program Your Feedback.....	232
13 Write a Letter to Your Counselor.....	235
14 Let Your Treatment Program Know How You Are Doing	236
15 People Say: About Going To Support Groups.....	237
16 Thinking About Going to Recovery Support Groups.....	237
17 People Say: My Meetings and My Sobriety	240
18 Twenty-One Questions To Ask About A Support Group.....	242
19 My Plan for My Treatment and Support Group Participation	244

Chapter 11 My Relapse Prevention Plan 245

1 How and Why I Stopped	245
2 People Say: My Desire To Stay Clean and Sober.....	247
3 Thinking About the Desire to Be Clean and Sober	248
4 When Someone Else Has Relapsed	250
5 Expectations About Relapse.....	251
6 Termites That Prepare the Mind for Relapse	252
7 Relapse Smoke Alarms	254
8 A Quick Relapse Check-Up.....	256
9 Recognizing Relapse Styles	258
10 [My Relapse Plan]	258
11 [Hitting the Panic Button].....	262
12 [Slippery Logic That Lubricates the Seduction-Style Relapse].....	263
13 [Turning Nonsense Around]	265
14 [When Drinking/Using Is No Fun Anymore]	266
15 [Don't Beat Yourself Up].....	266
16 [Debriefing And Re-Entry After Relapse]	267
17 [My Post-Relapse Debriefing Outline]	268
18 [Down Is Not the Way to Up].....	272
19 Summary: My Relapse Prevention Checklist	272

Chapter 12 My Recovery Plan for Today 275

Chapter 13 My Recovery Plan for This Week 279

1 My Week In Review: (Example)	280
2 My Week In Review	282
Chapter 14 My Recovery Plan for My Life	283
1 Overview of This Chapter	283
2 Making Connections	286
3 Lining Up Issues In Order.....	287
4 The Gory Details	290
5 Conclusion: Sharing My Plan With Others	292

Table of Main Worksheets

Worksheet 1-1: Sobriety Priority T-Chart (Example 1).....	24
Worksheet 1-2: Sobriety Priority T-Chart Using Weights (Example 2).....	25
Worksheet 1-3: Sobriety Priority T-Chart	27
Worksheet 2-1 My Body Checklist	44
Worksheet 3-1: My Current Exposure	50
Worksheet 3-2: Most Hazardous Exposure Risk Worksheet (Example)	54
Worksheet 3-3: Most Hazardous Exposure Risk Worksheet	55
Worksheet 3-4: My Recovery Things List.....	58
Worksheet 4-1: My Activities.....	67
Worksheet 4-2: Finding Substitutes for "Avoid" Activities.....	75
Worksheet 4-3: Learning To Do One Activity Clean and Sober (Example)..	76
Worksheet 4-4: Learning To Do One Activity Clean And Sober.....	78
Worksheet 5-1: Three Kinds of People	84
Worksheet 5-2 Transitioning a Continuing Relationship	88
Worksheet 5-3: Winning People Who Don't Know (Yet) as Supporters	92
Worksheet 5-4: Why Some People Oppose My Sobriety.....	97
Worksheet 5-5: Close-Range Opposition	99
Worksheet 6-1: My Pleasures (Example)	108
Worksheet 6-2: My Pleasures	109
Worksheet 6-3: Feelings Reference Chart.....	114
Worksheet 6-4: Trigger Feelings Checklist.....	118
Worksheet 6-5: My Empowering Feelings (Example).....	121
Worksheet 6-6: My Empowering Feelings	121
Worksheet 6-7: Feelings I Consistently Stuff, and Safe Ways to Release Them	124
Worksheet 6-8: Emotional Passages I Weathered Sober	125
Worksheet 6-9: Dealing With Strong Trigger Feelings and Cravings (Example)	128
Worksheet 6-10: Dealing With Strong Trigger Feelings and Cravings.....	129
Worksheet 6-11: A Checklist of Things To Do About Trigger Feelings.....	130
Worksheet 6-12: Using What You Have.....	132
Worksheet 6-13: My Issues Priority Checklist (Example)	135
Worksheet 6-14: My Issues Priority Checklist.....	136
Worksheet 7-1: My Lifestyle Issues (Summary)	152
Worksheet 8-1: Later Clean and Sober Times (Example)	162
Worksheet 8-2: Later Clean and Sober Times	163
Worksheet 8-3: Tallying My Lifetime Experience With Living Clean and Sober	164
Worksheet 8-4: Lifetime Alcohol/Drug Intake: Money (Example)	177
Worksheet 8-5: Lifetime Alcohol/Drug Intake: Time (Example)	177
Worksheet 8-6: Lifetime Alcohol/Drug Intake: Money	178
Worksheet 8-7: Lifetime Alcohol/Drug Intake: Time.....	179
Worksheet 8-8: My Positive Achievements.....	184
Worksheet 8-9: Negative Events In My Life	187
Worksheet 8-10: Summing Up My Drinking/Using Career	191
Worksheet 9-1: Analyzing Cultures for Harmful / Helpful Values	212

Worksheet 10-1: Getting What You Need in the Treatment Context (Example)	223
Worksheet 10-2: Getting What You Need in the Treatment Context	224
Worksheet 10-3: Looking for Similarities	228
Worksheet 10-4: Making "I" Statements	231
Worksheet 10-5: Rate the Quality of Your Treatment Program	233
Worksheet 10-6: Dear Counselor, Thank You	235
Worksheet 10-7: Let Your Treatment Program Know How You Are Doing ..	236
Worksheet 11-1: [My Relapse Plan].....	259
Worksheet 11-2: Focusing on Weakness or Strength.....	267
Worksheet 11-3: Post-Relapse Debriefing.....	269
Worksheet 11-4: Recovery Tune-Up and Relapse Prevention Checklist	273
Worksheet 12-1: My Recovery Plan for Today (Example)	275
Worksheet 12-2: My Recovery Plan for Today	277
Worksheet 13-1: My Sober Week (Example).....	279
Worksheet 13-2 My Recovery Plan for This Week.....	281
Worksheet 14-1: Summing Up.....	284
Worksheet 14-2: My Issues, Prioritized	288
Worksheet 14-3: Detailed Plan Execution	291
Worksheet 14-4: My Personal Recovery Plan (Summary).....	292