## Dojo Completion Inventory

Since I have started my journey of recovery, there are many changes that I have made in my life.

In my time abstinent from drugs/ alcohol, my thinking is changing. The following is a list of how my attitudes and thinking have changed since I began my recovery:

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My relationships have also been affected by my recovery. I have learned the following information that has contributed to me having healthier relationships today:

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I have realized the importance of having a support system in my life. The following people are among those I trust and can ask for help when I need to do so:

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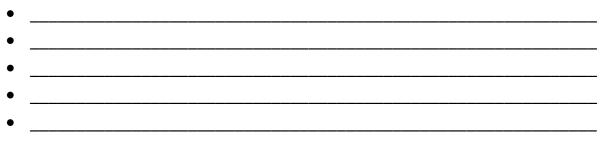
I now understand the importance of maintaining healthy routines in my life. Reflecting on the changes I have made to my eating habits, exercise routine, and fellowship involvement, the following are ways that I have established structure in my daily living routines: • \_\_\_\_\_\_

I have been working to bring balance to my life by making time for the things that increase my peace of mind. In this time of self-exploration, I have learned that I feel peace of mind when doing the following activities:

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Although I realize that stress is a part of life, I am practicing skills to actively deal with my stress instead of letting it build up. I routinely do the following to manage my stress:

Since I have begun working a program of recovery, I have a renewed sense of purpose in my life. I have the following goals for my life and my personal growth:



No one works a perfect recovery program. I struggle with the following Post-Acute Withdrawal Symptoms:

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At this time, I am aware that I have the following relapse warning signs:

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My plans for managing these relapse warning signs in a healthy way include:

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I am committed to continuing my work on my recovery and myself after completing this group. Because I have been successful in my recovery accomplishments thus far, I have renewed hope for the future. I am asking to be held accountable for my continued growth in the following areas:

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