

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:

- _____
- _____
- _____
- _____
- _____

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

- _____
- _____
- _____
- _____

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:

- _____
- _____
- _____
- _____
- _____

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:

- _____
- _____
- _____
- _____
- _____

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:

- _____
- _____
- _____
- _____
- _____

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

- _____
- _____
- _____
- _____
- _____

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

- _____
- _____
- _____
- _____
- _____

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:

- _____
- _____
- _____
- _____
- _____