

# Good Things/Not So Good Things List

GOOD THINGS What benefits did drugs/alcohol provide you with?	NOT SO GOOD What negative consequences did you experience from using drugs/drinking?

HEALTHY ALTERNATIVES Write out some healthy ways you can get the good things that drinking/using provided for you in the past.

## **S.M.A.R.T. Goals**

Write down two long term and two short term goals for you recovery journey.

Long term Goal 1: In the next 6-12 months I want to -

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-Short term Task 1A: In the next 4-8 weeks I will -

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Long term Goal 2: In the next 6-12 months I want to -

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-Short term Task 2A: In the next 4-8 weeks I will -

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**Now take a moment to consider whether your goals are SMART goals.**

**S - SPECIFIC**, significant, stretching

- Well defined
- Clear to anyone that has a basic knowledge of your situation

**M - MEASURABLE**, meaningful, motivational

- Know if the goal is obtainable and how far away completion is
- Find out when you have achieved your goal

**A - ACTION-ORIENTED**, agreed upon, attainable, achievable, acceptable

- Agreement with all the stakeholders what the goals should be

**R - RESULTS-ORIENTED**, realistic, relevant, reasonable, rewarding

- Within the availability of resources, knowledge and time

**T - TIME-BOUND, TRACKABLE**, time-based, timely, tangible,

- Enough time to achieve the goal
- Not too much time, or you will put it off and procrastinate.



Now re-write your goals from the previous page in language that is specific, measurable and time bound. Here's an example of a long term goal: *"I will achieve 6 months in a row of negative drug screens at my PO's office by June 30."* Here's an example of a short term task: *"I will attend 3 NA meetings a week for 8 consecutive weeks by March 31."*

Long term Goal 1 \_\_\_\_\_

Short term Task 1A \_\_\_\_\_

Short Term Task 1B \_\_\_\_\_

Long term Goal 2 \_\_\_\_\_

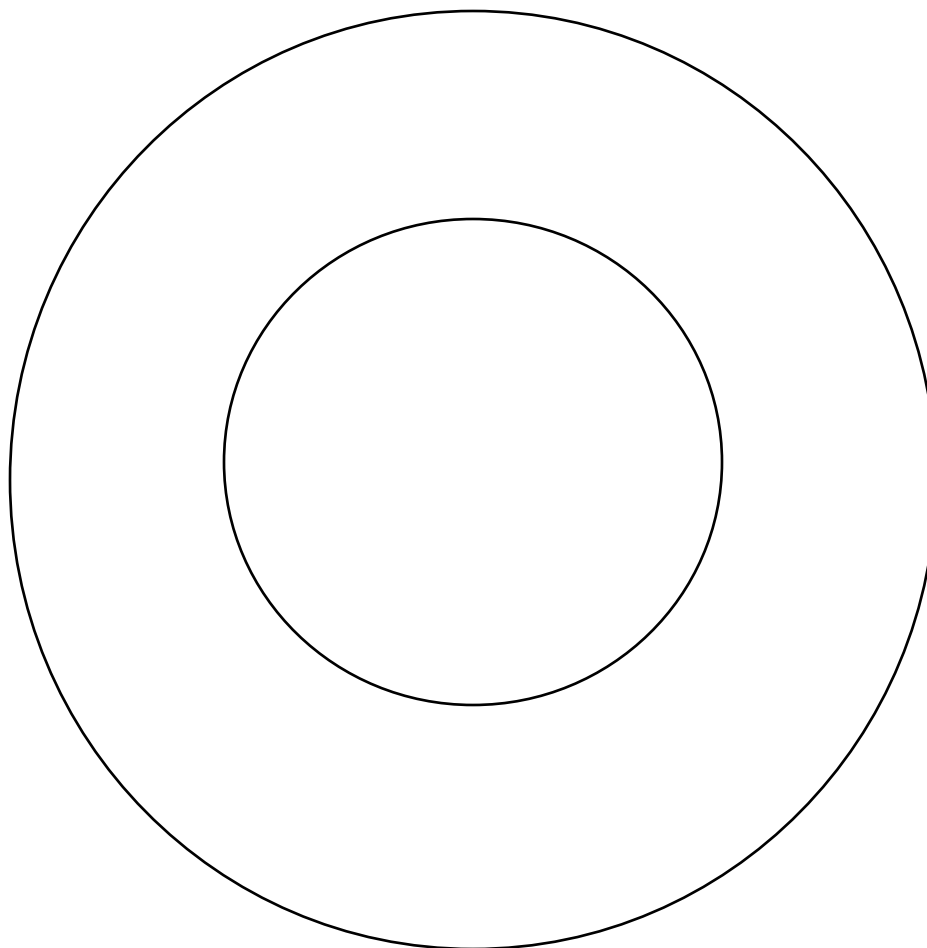
Short term Task 2A \_\_\_\_\_

Short Term Task 2B \_\_\_\_\_

## Who is supportive and Who is Dangerous for your Sobriety?

In the center circle write the names of people you live with or that you are in contact with daily or weekly.

In the outside circle write names of people you see or connect with less often.



Write names here of the people you need to delete from your phone and FaceBook contacts

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# SOBER Breathing Space

This is an exercise that you can do almost anywhere, anytime because it is very brief and quite simple. It can be used in the midst of a high-risk or stressful situation, if you are upset about something, or when you are experiencing urges and cravings to use. It can help you step out of the “automatic pilot,” becoming less reactive, and more aware and mindful in your response.

A way to help remember these steps is the acronym SOBER.



**S – Stop.** When you are in a stressful or risky situation, or even just random times throughout the day, remember to stop and do this exercise. This is the first step in stepping out of automatic pilot.



**O – Observe.** Observe the sensations that are happening in your body. Also observe any emotions, moods, or thoughts you are having. Just notice as much as you can about your experience.



**B – Breath.** Allow your attention to settle on your breath.



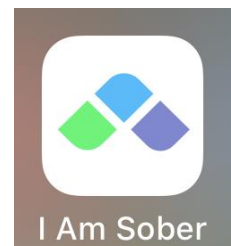
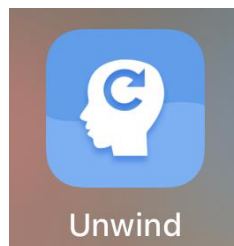
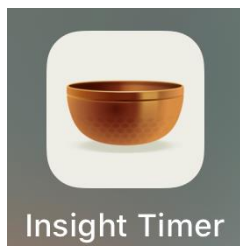
**E – Expand.** Expand your awareness to include the rest of your body, to your experience, and to the situation, seeing if you can gently hold it all in awareness.



**R – Respond.** Respond (versus react) mindfully, with awareness of what is truly needed in the situation and how you can best take care of yourself.

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Download the **Insight Timer** app (meditations), the **Unwind Anxiety** app (breathing), the **In The Rooms** app (online meetings), and/or the **I Am Sober** app (tracking) onto your phone.





# To Be List

How do you want to be in the world? Do you want to be safe, happy, healthy, strong, etc?

What do you want to be more of? Do you want to be more patient, more balanced, more calm?

Make a list below of the ways that you want to be:

I Want to Be

I Want To Be More

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Now pick your top 4 words from above and fill them into these sentences:

May I Be \_\_\_\_\_, May I Be \_\_\_\_\_, May I Be \_\_\_\_\_, May I Be \_\_\_\_\_

Write them again here:

May I Be a little more \_\_\_\_\_ Today, May I Be a little more \_\_\_\_\_ Today

May I Be a little more \_\_\_\_\_ Today, May I Be a little more \_\_\_\_\_ Today

Now write out the whole sentences below:

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Practice repeating these sentences every day for 3 full minutes: When you first wake up, when you are waiting for the bus, when you are frustrated, when you are anxious, when you are lonely, when your head hits the pillow at night. Say them all day and your brain will change from the inside out. These qualities will come alive in your life!

What is one word or Phrase you can use to center yourself, to motivate yourself in recovery?

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(example: "patience" or "grateful" or "Just for today")

**Most of us have an inner critic that causes us to have more stress and anxiety. It is unskillful to let that negative voice keep filling your head with stress and noise. You can give more of your attention to a kinder voice. It's your head – You can learn to practice being your own best friend inside your own head.**

<b>Negative Self -Talk</b>	<b>Positive Affirmation to replace negative self-talk</b>
EX. "I can't do anything right!"	EX. "I am enough."



# *Autobiography in 5 Short Chapters*

by Portia Nelson

## **Chapter 1**

I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost ... I am helpless.  
It isn't my fault.  
It takes me forever to find a way out.

## **Chapter 2**

I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I am in the same place.  
But it isn't my fault.  
It still takes a long time to get out.

## **Chapter 3**

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in ... it's a habit.  
My eyes are open.  
I know where I am.  
It is *my* fault.  
I get out immediately.

## **Chapter 4**

I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

## **Chapter 5**

I walk down another street.

**Write your own story of how your addiction led you down many paths up to what brought you into treatment and where you see yourself in the future.**

Chapter 1

Before awareness of addiction: When you were using and ignoring the negative consequences.

Chapter 2

When you became aware of problem but still were making excuses for every negative consequence or blaming other people for your feelings and circumstances.

Chapter 3

When you finally recognize and accept the problem of your addiction – AND – begin to try to change – You learn how hard it is to change these habits.

Chapter 4

You have asked for and accepted the help available to you and started to learn some ways to live. Use your imagination – what will your life look like and feel like when you are doing this?

Chapter 5

When you are living a sober lifestyle – what will it look and feel like? Use your imagination to fill in details. How will you structure your days? What kind of relationships will you have? What kind of house? What kind of car? What job?