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|-----------------------------------------------------------|-------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|-----------------------------------------|
| <b>S</b>                                                  | <b>O</b>                                        | <b>B</b>                                                 | <b>E</b>                                              | <b>R</b>                                |
| Who is your biggest support?                              | Are you holding on to a resentment? If so what? | Name<br><b>STEP 1.</b>                                   | What does Addiction mean to you?                      | Name one FEAR you have?                 |
| Give positive affirmation of yourself?                    | Whats your definition of recovery?              | State you clean time?                                    | Do you have a physical affect from you use? What?     | What do you VALUE the most              |
| What is a character defect of yours?                      | Why is sleep important in recovery?             | <b>FREE</b>                                              | Do you have something HOLDING you back?               | Name a coping skill you are working on? |
| Name a life lesson you have learned since you stop using. | What is H.A.L.T?                                | Name a personal growth you have experienced in recovery? | Name Two emotions that can be a Trigger for yourself? | Name something you lost in addiction?   |
| Name<br><b>STEP 5</b>                                     | Future goals?                                   | What are some lies you told yourself in addiction?       | what is your AFTER PLAN?                              | Give your #1 early warning sign?        |

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| <b>S</b>                                                  | <b>O</b>                                             | <b>B</b>                             | <b>E</b>                                | <b>R</b>                                           |
| Why is sleep important in recovery?                       | Do you have a physical affect from you use?<br>What? | What does Addiction mean to you?     | Give positive affirmation of yourself?  | State you clean time?                              |
| Name<br><b>STEP 1.</b>                                    | what is your<br><b>AFTER PLAN?</b>                   | Name one<br><b>FEAR</b> you have?    | Future goals?                           | What do you<br><b>VALUE</b> the most               |
| Name a life lesson you have learned since you stop using. | Do you have something<br><b>HOLDING</b> you back?    | <b>FREE</b>                          | Name a coping skill you are working on? | Are you holding on to a resentment?<br>If so what? |
| Name Two emotions that can be a Trigger for yourself?     | What are some lies you told yourself in addiction?   | Who is your biggest support?         | Give your #1 early warning sign?        | What is <b>H.A.L.T?</b>                            |
| Name a personal growth you have experienced in recovery?  | Name something you lost in addiction?                | What is a character defect of yours? | Whats your definition of recovery?      | Name<br><b>STEP 5</b>                              |

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| <b>S</b>                                | <b>O</b>                                                  | <b>B</b>                                                 | <b>E</b>                               | <b>R</b>                                              |
| Future goals?                           | What are some lies you told yourself in addiction?        | Do you have a physical affect from you use? What?        | Name something you lost in addiction?  | Do you have something HOLDING you back?               |
| Who is your biggest support?            | Name a life lesson you have learned since you stop using. | Name a personal growth you have experienced in recovery? | Whats your definition of recovery?     | Name one FEAR you have?                               |
| What is a character defect of yours?    | Give your #1 early warning sign?                          | <b>FREE</b>                                              | What is H.A.L.T?                       | Name Two emotions that can be a Trigger for yourself? |
| Why is sleep important in recovery?     | What do you VALUE the most                                | What does Addiction mean to you?                         | what is your AFTER PLAN?               | Name STEP 1.                                          |
| Name a coping skill you are working on? | Are you holding on to a resentment? If so what?           | State you clean time?                                    | Give positive affirmation of yourself? | Name STEP 5                                           |