



## ENTER YOUR INFORMATION

Type your Name:

Type your Email:

Type your Phone:

## WORKBOOK LESSON INSTRUCTIONS

Type in your answer, below each question.  
Some answers may be longer than others.

You must decide how much the question requires for a thorough answer.

### In this video:

1. The 12-Step Tools
2. The Clinical Tools
3. The Spiritual Tools

1. Which of these TOOLS do you feel you already have?... Explain.

Type your answer here:

2. Which of these TOOLS do you feel you are missing?... Explain.

Type your answer here:

3. How did substances work for you, at one time?... When and how did they stop working, for you?

Type your answer here:

4. Did this Lesson help you to understand more, about the Recovery Process?... How?

Type your answer here:

5. How do you feel about learning a way of living that works BETTER, than substances ever did?... Explain.

Type your answer here:

## **ACTION JOURNAL**

Track your daily recovery actions on your Weekly Action Journal (see last page).

## **SUBMIT YOUR WORKBOOK LESSONS & ASSIGNMENTS**

1. Save your completed workbook lesson:

Save your completed workbook lesson as [LastName]\_[FirstName]\_[Assignment Name]

Example:

Doe\_John\_Cycle of Addiction\_part 1

2. Attach & Email to your Recovery Coach

Include your [LastName], [FirstName] & [Assignment Name] in the Subject Line of your Email

# WEEKLY ACTION JOURNAL

Plot your daily actions on this schedule to track your recovery and life skill progress.

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

	MON	TUE	WED	THU	FRI	SAT	SUN
7am							
8am							
9am							
10am							
11am							
Noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
Midnight							