



Workbook
"Alcoholic" or "Addict"? (part 1)
Lesson 5

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.

1. Have you ever been confused about whether you are an "alcoholic" or an "addict"?... Explain.

Type your answer here:

2. Were you surprised to find narcotics referenced in the AA Text?... Explain.

Type your answer here:

3. How does this change your perspective, about attending various Fellowships?

Type your answer here:

4. How does this change your perspective, about working the steps out of the AA Text?

Type your answer here:

5. What is the value of hanging around with people who know the history of the Fellowships?

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							