



# Workbook

## Addiction as a "Handicap"

Lesson 19

### 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. What is the core delusional belief (Mental Obsession) of any addict?...

Type your answer here:

2. How have you tried to pretend that you're "normal"?... How have your family members tried to pretend that you're "normal"?...

Type your answer here:

3. How does it make you feel, to accept that you are "different"?... Are you grieving?

- that you will always have to treat your condition (mental)?
- that you will never be able to use successfully (physical)?

Type your answer here:

4. Have you ever considered looking at yourself as "gifted", rather than "abnormal"? How does this concept make you feel?... How does this "reframe" your perception of

addiction and recovery?

Type your answer here:

5. What are some of the things that "normal" people do, that you will like to participate in, once you are thoroughly in recovery?

Make a list of your short-term & long-term goals. Show how one will lead to the next. Show the small steps that you must take, in order to accomplish each one.

Type your answer here:

## **ACTION JOURNAL**

Record all of the following on your Weekly Action Journal:

- (a) your daily recovery actions
- (b) your feelings and moods
- (c) your service work

## **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							