



Workbook

A Recovery Story (part 2)

Lesson 21

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. "I had arrived"

Are you still grieving, that you will never be at this point again?... Explain.

Type your answer here:

2. "Love affair with the disease"

Have you said "goodbye", yet?... Explain.

Type your answer here:

3. "Flips on you"

When & how did the disease "flip", on you?

What false promises did the disease tell you... and, then, betray?

Type your answer here:

4. What did this video teach you about addictive personality?... What did it teach you

about addictive progression?

Type your answer here:

5. Continue writing your own Personal Story.

Just like Bill's Story, write out the portion of your life where you were "on top of the world"... and, then, the Disease "flipped", on you.

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							