



## ENTER YOUR INFORMATION

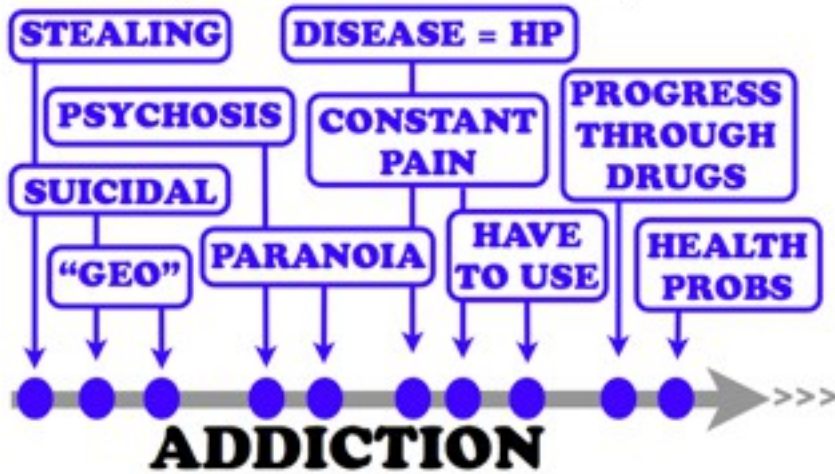
Type your Name:
Type your Email:
Type your Phone:

## 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.

### Standard Phases of PROGRESSION...



1. Can you relate to any of these standard symptoms of addictive progression?... Explain.

Type your answer here:
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2. What did this video teach you about addictive personality?... What did it teach you about addictive progression?

Type your answer here:

3. What would you say to an alcohol addict who feels that they are "not as bad as a 'crackhead'"?

Type your answer here:

4. What was Bill's reaction to learning Step One? Now that he knows it, does he accept it?... Explain.

Type your answer here:

5. Continue writing your own Personal Story.

Write about your very first exposure to recovery.

Write about your first meeting. Write about your first conversation with a Fellowship member. Write about your first time, in a treatment facility and/or talking with a counselor. Write about the first time you saw the addiction cycle.

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							