



Workbook

A Recovery Story (part 9)

Lesson 28

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. How is recovery from addiction similar to any story of the fight between good and evil?... Explain.

You can reference anything from spiritual texts, to movies, to books, to your own imagination.

Type your answer here:

2. Google the “Four Absolutes”... What are they? How do they apply to 12-step recovery?

Type your answer here:

3. How does Ebby give Bill W. the gift of open-mindedness?... Are you open-minded?... Explain.

Type your answer here:

4. What things have BLOCKED you, from a Relationship with your HP? Have you ever taken time to consider what spirituality means, to you?... Explain.

Type your answer here:

5. Have you ever had an honest conversation, with your HP... just like talking with a Friend?...

Try it, and write about your experience.

Type your answer here:

TEXT TREASURE HUNT

Read the rest of the chapter "Bill's Story", in the text *Alcoholics Anonymous*.

Can you find Steps 3 - 12, in this reading?... Highlight and label your text.

ACTION PROJECT

Write down another problem, issue, obsession, confusion and/or feelings, (anything you're having trouble surrendering) to put into your "God Box".

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							