



Workbook

About Faith (part 2)

Lesson 30

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. Check each statement that you ACCEPT:

- Addiction is a Disease.
- Addiction is more Mental than Physical.
- I am an Addict, because I could not "stick with" my decisions to stop.
- I am an Addict, because I could not control my consumption.
- I am an Addict.
- I am an Alcoholic.
- The Disease of Addiction will kill me, if I don't treat it.
- I can either Recover, or die.
- There are no "Half-Measures", in the Recovery Process... I either take the whole treatment, on a daily basis, or I'm in addiction.
- If I'm not practicing Daily Recovery Actions, I'm an active addict...even if I am abstinent.
- The Disease of Addiction can kill me, even when I'm abstinent... if I'm not treating my mind, my behaviors, my feelings and my spirit.
- I do not have the power to solve my problem, myself.
- I must rely on a Power Greater than me, to solve my problem.
- I must rely on a Power Greater than my disease, to solve my Problem.
- If I practice Daily Recovery Actions, one day at a time... My Higher Power can and will restore me to sanity, one day at a time.
- If I practice Daily Recovery Actions, one day at a time... My Higher Power can and

will save me from my disease, one day at a time.

2. Check each statement that you ACCEPT:

- If I agree with the statements above, then I automatically agree that the Recovery Process is the only way out of Addiction.
- If I agree with the statements above, then I automatically agree that accessing my Higher Power through the 12 Steps is the only solution.
- If I agree with the statements above, then I am automatically open-minded to Step Two.

3. Are there any statements that you did NOT check?...If so, discuss your reservations.

Type your answer here:

4. What are the myths and misconceptions that most addicts and families of addicts have about "powerlessness"?

Type your answer here:

5. Share your experience with your most recent ACTION PROJECT:

How does it feel to RELY on your Higher Power for all of the qualities that you would need and want in a PERFECT:

- (1) mother
- (2) father
- (3) brother
- (4) sister
- (5) best friend

What are the challenges?... What are the benefits?

Did the results of this exercise surprise you, in any way?... Explain.

Has this exercise empowered you to build a relationship with your own Higher Power?... How has this exercise helped you?... How will you be able to utilize this exercise to help your clients?

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							