



Workbook

Internal Mechanics (part 2)

Lesson 43

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. Trace your own "lapse, before the Lapse":

Type your answer here:

2. Has a phone call ever saved you life?... Have you ever had to make more than one call, to get to that "life-saving" one?... Explain.

Type your answer here:

3. Who are your Role Models? Is your Higher Power your ultimate Role Model?... Explain.

Type your answer here:

4. READING FOR HEALING

Read more in the book Love is A Choice, by Hemfelt, Minirth & Meier.

Read about 30 pages of "Part Five" (as outlined in the Table of Contents)

What did this reading teach you:

- (a) about yourself?
- (b) about codependence?

Type your answer here:

5. ACTION PROJECT

Keep journaling. Each day, record any examples of the 90/10 rule that you observe... in both yourself, and others.

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							