



Workbook  
Q&A (part 1)  
Lesson 48

## 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. What impacted you the most, about this video?... What did you learn?

Type your answer here:

2. What is the underlying principle in all forms of abuse, both subtle and overt?... How is that related to addiction-recovery? Could addiction be defined as a condition of "distorted power"?... Explain.

Type your answer here:

3. What is the difference between an abuse-oriented and a victim-oriented person? What do they share, in common? Have you "taken responsibility for what is NOT yours, while avoiding responsibility for what is yours"?

Type your answer here:

4. Do you tend to lean more on your passive coping skills (child), your aggressive coping skills (adolescent) or your assertive coping skills (adult)? Do you rely on

different skill sets, in different situations? Are there some situations in which your assertive coping skills are strong, and others where you tend to defer to your passive, aggressive or passive-aggressive skill sets? Explain.

Type your answer here:

## 5. ACTION & JOURNAL PROJECT

What is your "visual" for shame?

Practice using it, to defend against blame and shame being "dumped, on you"... from others and from within yourself! Share about your experience, with this new tool.

Type your answer here:

## RECOMMENDED READING

### **The Verbally Abusive Relationship, by Patricia Evans**

Find out how to spot an abuser, easily.

Learn how to recognize abuse, in its most subtle form.

Find out what abusers see in victims, to choose them... and reverse those traits so that they don't "target" you!

## 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							