

# RESISTING TEMPTATION IN RECOVERY

Think of a time you were tempted to use, but didn't give in. What happened?

---

---

---

---

---

How did you feel before, during, and after?

---

---

---

---

---

What helped you to resist?

---

---

---

---

---

Build on this experience - write about how you can use this strategy again to protect your recovery. List ways you can strengthen and sustain your resolve.

---

---

---

---

---

---

---